



Marvel Treks & Expedition Pvt. Ltd.

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Gokyo Lakes Trek

A Journey to the Highest Glacial Lakes in the World

Duration: 9 Days

Max Altitude: 5320 m (Gokyo Ri)

Trek Grade: Challenging

Start / End: Kathmandu

Accommodation: Hotel in Kathmandu | Tea house during trek

Best Season: March-May | September-November

Group Type: Private or Group Joining



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Overview

The **Gokyo Lakes Trek** is one of the most scenic and serene journeys in the Everest region, offering a peaceful alternative to the classic Everest Base Camp route. This trek takes you through lush forests, high alpine landscapes, and the massive Ngozumpa Glacier, leading to the pristine turquoise lakes of Gokyo. The highlight is **Gokyo Ri**, where you can witness a breathtaking panoramic view of Everest, Cho Oyu, and the surrounding Himalayan giants. This trek blends natural beauty, cultural richness, and a strong sense of achievement, leaving trekkers with unforgettable memories of the Himalayas.

Trip Highlights

- **Gokyo Lakes (4,750 m)** is a series of high-altitude turquoise lakes surrounded by towering peaks.
- **Gokyo Ri (5,360 m)** offers one of the best panoramic views of Everest, Cho Oyu, and the Himalayan range.
- **Ngozumpa Glacier** is the largest glacier in Nepal and provides a dramatic and unique landscape.
- **The route is less crowded** compared to Everest Base Camp, offering a peaceful trekking experience.
- **Sherpa culture** can be experienced through traditional villages, monasteries, and local hospitality.
- **The trek provides stunning mountain views** including Everest, Cho Oyu, Lhotse, Makalu, and more.
- **A rest day at Namche Bazaar** helps with acclimatization and allows exploration of Sherpa life and markets.

Itinerary

Day 1: Kathmandu → Lukla → Phakding (Flight + Trek | 30 min flight + 3–4 hrs trek | 2,860 m / 2,650 m)

Fly from Kathmandu to Lukla early in the morning, then start trekking through rhododendron forests and along the Dudh Koshi River. The trail passes small villages and suspension bridges before reaching Phakding for overnight stay.

Day 2: Phakding → Namche Bazaar (Trek | 6–7 hrs | 3,440 m)



Trek through the Sagarmatha National Park, crossing several suspension bridges and enjoying views of Everest, Lhotse, and Ama Dablam. Arrive at the bustling Sherpa town of Namche Bazaar, a major acclimatization stop, and explore local markets.

Day 3: Rest Day at Namche Bazaar (Acclimatization | 3–4 hrs optional hike | 3,440 m)

A rest day for proper acclimatization. Optional hikes include the Everest View Hotel or the nearby Syangboche Airstrip viewpoint for panoramic views of Everest, Ama Dablam, and Thamserku. Explore local shops, monasteries, and Sherpa culture.

Day 4: Namche Bazaar → Dole (Trek | 5–6 hrs | 4,030 m)

Leave Namche and trek through alpine forests and highland landscapes. The trail gradually ascends to Dole, offering spectacular mountain views and a quieter, less crowded environment for acclimatization.

Day 5: Dole → Machhermo (Trek | 4–5 hrs | 4,470 m)

Today's trek continues along the Ngozumpa Glacier valley, with panoramic views of Cho Oyu and other high peaks. The trail is relatively gentle, leading to Machhermo where you rest and prepare for the lake region.

Day 6: Machhermo → Gokyo Lakes Village (Trek | 5–6 hrs | 4,750 m)

Trek along the edge of the Ngozumpa Glacier, crossing moraines and open alpine terrain. Reach Gokyo Lakes Village, a serene settlement beside the turquoise high-altitude lakes, offering spectacular views of Cho Oyu and the surrounding peaks.

Day 7: Gokyo Lakes → Gokyo Ri → Namche Bazaar (Trek | 7–8 hrs | 5,360 m → 3,440 m)

Early morning hike to Gokyo Ri for a breathtaking sunrise view over Everest, Cho Oyu, and the Ngozumpa Glacier. After enjoying the panoramic scenery, descend back through Dole to Namche Bazaar for an overnight stay.

Day 8: Namche Bazaar → Lukla (Trek | 6–7 hrs | 2,860 m)

Descend through rhododendron forests and cross several suspension bridges as you retrace your route back to Lukla. Enjoy the final trekking day with mountain views and local village scenes.

Day 9: Lukla → Kathmandu (Flight | 30 min | 1,350 m)



Fly back from Lukla to Kathmandu, ending your Gokyo Lakes Trek. Arrive in Kathmandu and transfer to your hotel, celebrating the successful journey.

All You Need to Know

1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:



- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.

6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.

Mobile network coverage is good in cities and popular trekking routes.



Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.

Respect local traditions and festivals.

Ask permission before taking photos of people.

11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.

Respect wildlife and natural environments.

Support local communities by using local guides, porters, and accommodations.

Follow “Leave No Trace” principles during treks.

Important Information

- This trek requires a **good level of physical fitness**, as it involves long walking hours and steep trails at high altitude. Proper preparation and training before the trip are recommended.
- Altitude sickness is a serious risk at high elevations. We follow a well-planned itinerary with acclimatization days to reduce the risk, but travelers must listen to their guide and report any symptoms immediately. If symptoms worsen, descending to a lower altitude is mandatory for safety.
- Weather conditions in the Himalayas can change quickly, especially during the monsoon and winter seasons. Flights to and from Lukla may be delayed or rescheduled due to weather, and flexibility is required.
- Luggage limits apply for the Lukla flight, typically around 10–12 kg per person for checked baggage. Additional luggage may need to be carried by a porter or transported separately.
- Travel insurance that covers **high-altitude trekking, emergency evacuation, and helicopter rescue** is mandatory for this trip. Travelers must provide insurance details before the trek starts.

