



Everest Gokyo Lake Trek - 16 days

Go on 16 days trip for

\$ per person

The Gokyo Valley is perhaps the most spectacular of the valleys in the Everest region and while the trail to Everest Base Camp gets close to the world's highest mountain there are those who suggest the view from Gokyo Peak offers the best panoramic view in the region. The trail to Gokyo has a network of small lodges which have recently seen big improvements in food and accommodation facilities.

This now makes the programme ideally suited to lodge-based trekking. The highlights are many, the sensational Ngozumpa Glacier, one of the largest in the Nepal Himalaya, the lakes at Gokyo, and the side trek to the top of Gokyo Kang (5360m) where the views are the amongst the most spectacular in Nepal including four 8,000-metre peaks: Cho-Oyo (8153m), Makalu (8475m), Lhotse (8511m) and, of course, Mount Everest (8848m).

After a magnificent mountain flight to Lukla we start the trek by following the Dudh Kosi river valley to Namche Bazaar. We trek at a steady pace allowing ample time for acclimatization and plenty of opportunity to enjoy the renowned Sherpa hospitality. The trail to Gokyo is a gradual ascent up the valley passing through patches of birch and rhododendron forest where the elusive musk deer can sometimes be seen. The mountain views are impressive as we head through small yak grazing settlements to the Gokyo Lakes.

Here we stop for two nights for exploration, which will include the straightforward climb to Gokyo peak. Our return route crosses to the opposite side of the valley and passes through the village of Phortse and on to Thyangboche monastery, a most magnificent location where we rest and savour the incredible scenery, including magnificent views of Everest, Ama Dablam (6856m), Kantega (6809m), Kwangde (6194m), Nuptse (7879m), and Lhotse (8511m) to name but a few. Our return route heads back to Lukla for our flight back to Kathmandu.

Day by Day Itinerary:

Day 01: Kathmandu.

Your arrival to Tribhuvan International Airport, you will be met by our Airport Representative, and transfer to hotel. Overnight at hotel .

Day 02: Kathmandu.

Sightseeing tour of Kathmandu valley (Pashupatinath Temple , Boudhanath , Swayambhu , and Kathmandu durbar square), Briefing and preparation of trek, . Overnight stay at Hotel .

Day 03: Kathmandu-Lukla-Phakding.

Flight to Lukla(2804 mtrs.) and trek to Phakding (2610 mtrs.). Overnight at Guest House.

Day 04: Phakding-Namche Bazaar.

Trek to Namche Bazaar (3535 mtrs.). Overnight at Guest House.

Day 05: Namche Bazar.

Acclimatization day. Overnight at Guest House.

Day 06: Namche Bazaar to Phorste Drengka.

Trek to Phorste Drengka (3675m). Overnight at Guest House.

Day 07: Phorste Drengka to Machherma.

Trek to Machherma (4470m). Overnight at Guest House.

Day 08: Machherma to Gokyo.

Trek to Gokyo (4790m). Overnight at Guest House.

Day 09: Gokyo.

This day early in the morning we have steep climb up to the top of Gokyo Ri (5483m) ample rewards to one attempts this trip back to Gokyo, Overnight at Guest House.

Day 10: Gokyo to Dole

Trek back to Dole. Overnight at Guest House.

Day 11: Dole to Khumjung.

Trek to Khumjung village, big settlement of Sherpa people.

Day 12: Khumjung to Phakding.

Trek back to Phakding.

Day 13: Phakding to Lukla.

Trek back to Lukla. Overnight at Guest House.

Day 14: Kathmandu.

Morning flight back to Kathmandu from Lukla. Overnight at hotel .

Day 15: Kathmandu.

Leisure day in Kathmandu (it's also spare day incase of bad weather in Lukla).

Day 16: Transfer to Airport for your home departure.

What is Trekking?

A walk of few or many days up and down trail villages, hills & forests is call trekking. A walk through the hills of Nepal will not only give you a view of the mountains, but also take you through remote villages inhabited by hospitable people who will always well comes you smiling. We invite you to join us on visit to this remote region to see the truth of your dream.

Trekking Styles:

There are very various ways of trekking on foot through Himalayan range of Nepal. Whey is planning a trek you need to think carefully about deferent styles of trekking available. Remember that when hiking in any major

renege of the mountains, it makes seems to go with at list on while chosen companion, as a slip and a sprained ankle can acquire at any time. It is also prudent to register with your embassy before setting off, and to sign in at any police checkpoint along the way.

Typical Trekking Days:

Most of days begin with stunning Himalayas sunrise when the crew bring around a piping hot cup of tea and a warm bowl of washing water. After hearty breakfast cooked we generally walk for 3 to 4 hours. You are encouraged to walk at your own pace, stopping frequently for photographs or to explore local villages. There is a lot of leisured time, you are allowed to rinse out clothes, read novel books or explore small mounds. .

The journey on the Himalayas varies in length to reach our campsite or lodge by the afternoon. The rest of the day is free to explore, read or write up diaries while dinner is being prepared by the trekking staff. The evening is spent in the mess tent or lodge following a three course meal. On our higher altitude treks, rest and exploration days are build in to the ensure proper acclimatization. So Samrat Tours & Travels P. Ltd classified his trekking into three types.

Private Groups:

Every year, Samrat Tours & Travels operates a tangle of private groups. They may be a small or a big groups, wishing to go trekking with their friends around Annapurna, Dhaulagiri, Langtang, or they follow the itinerary which has included many destinations of Nepal. This is besides included the Everest region & various regions. Samrat treks has the expertise to provide you a high quality service at very competitive prices.

School & Collage:

Samrat Groups , which specializes in trekking, handles School & collage groups to the Himalayan at the affordable prices. The itineraries of this company are designed to provide a real insight in the cultural, religious and environmental aspects of the Himalayan but just as importantly, they are fun, exposed to a Samrat adventure. Students will quickly discover the rich rewards of exploring the globe. Please contact more information. Family Holidays:

We have introduced two programmes for the different Himalayas (Annapurna, Langtang & Mt. Everest regions)as the camping trek and tea house trek. The company operates specially family as well as student groups . The mentioned regions are suitable to the families for going trek, no trouble on the route.. Departure dates are fixed. of both groups. The company allows families with younger children to travel together..

General Information:

Trekking in the Himalayan. The best way to experience Nepal's unbeatable combination of natural beauty and cultural riches is to walk through them. The immense contrasts in altitudes and climates found here support an equally spectacular of lifestyles, vegetation and wildlife. Trekking in the mountains of Nepal is more a cultural experience than a wilderness expedition. You will be passing through picturesque villages inhabited by diverse ethnic groups. You will see Cheetri farmers working in their fields and Tamang herders grazing their animals on the steep slopes. And you will meet Gurkha soldiers on the way ,come across Sherpa yak drivers transporting goods over the high mountain passes. And always in the background, the icy pinnacles of the Himalayan loom over the scenery.

What is included in the price?

- Hotel / Airport pick up & drop by private car / van / bus
- Accommodation as required by you or as specified in the appropriate itinerary

- Guided city tours if applicable by private car / van / bus
- All your standard Meals during the trek (Breakfasts, Lunches, Dinners)
- Local licensed English speaking Guide
- The required number of local staff and porters to carry your luggage during the trek
- Food, accommodation, salary, insurance, equipment and medicine for all staff
- Airfares including taxes as appropriate for internal flight transfer as part of trekking itinerary
- Land transfers as appropriate for trekking itinerary
- All our government taxes
- Official expense

What is not included in the price?

- Certain lunches and dinners as explained in the trekking itinerary
- Your travel insurance (compulsory)
- International airfare and airport departure tax
- Appropriate visa fees
- Alcoholic, cold and hot drinks, laundry
- Personal trekking equipment
- Tips for trekking staff and driver. (Tipping is expected)
- Certain sightseeing/monument entrance fees
- Any others expenses which are not mentioned on Price Includes section

Trip Fact

- **Trip code**EHCS-15258
- **Destination**Nepal
- **Duration**16 days / 15 nights
- **Season**February to October
- **Group Size**Min. 2pax - 12pax + Above
- **activities**Everest Gokyo Lake Trek