

# Gokyo Lake Trekking 13 days



## Trek Information

<b>Duration</b>	<b>13 days</b>
Difficulty	Medium
Region	Everest Region
Highest Altitude	4790.0 m
Group Size	1-20+
Season	Autumn & Spring
Individual Cost	\$0.00

## Description

Journey to the Heart of the Gokyo Lakes.

## About the Destination

The **Everest Base Camp (EBC)** trek is one of the world's most celebrated journeys, drawing trekkers from every corner of the globe to witness the grandeur of the Himalayas up close. This legendary trail follows in the footsteps of Sir Edmund Hillary and Tenzing Norgay, beginning with a dramatic flight into Lukla and weaving through the heart of the Khumbu region. As trekkers ascend through Sherpa villages like Phakding, Namche Bazaar, Tengboche, and Dingboche, they are immersed in vibrant local culture, Buddhist monasteries, and unmatched mountain scenery.

The trail offers glimpses of Everest early on, but the full majesty unfolds at Kala Patthar (5,545m), a vantage point that delivers sunrise views of Everest, Nuptse, and Lhotse in

stunning clarity. The final destination, Everest Base Camp (5,364m), sits at the foot of the mighty Khumbu Icefall, where climbers prepare for their summit push. The journey tests one's endurance and altitude adaptability but rewards with unparalleled vistas, spiritual encounters, and a sense of achievement. Whether it's crossing high-suspension bridges or sipping tea with local Sherpas, every step on the EBC trek resonates with adventure and legacy, making it a must-do for anyone passionate about mountains and cultural exploration.

## Trip Overview

The Gokyo Lakes Trek is a 13-day Himalayan adventure, a combination of clean alpine scenery and pure Sherpa culture. The trip begins with a drive out of Kathmandu to Ramechhap and a short flight to Lukla, the entry point of the Everest region. Trekking along the path, the visitors can enjoy a combination of fertile valleys, glacial lakes, and an enriching cultural experience.

It's a five to six-hour daily walk, with a moderate amount of difficulty and pleasure in diverse landscapes. Phakding at 2,610 m is the lowest point of the trek, and the highest point is Gokyo Ri at 5,357 m where you will be able to see Everest, Lhotse, Makalu, Cho Oyu, and the Ngozumpa Glacier in a panoramic view. At Namche Bazaar, acclimatization involves a trek to the Everest View Hotel, where the gradual adjustment to the altitude takes place.

The path ascends continuously around Dole and Machhermo, with the trekkers viewing yak pastures, rugged ridges, and panoramic mountain scenes. The village of Gokyo is located on the side of the 3rd lake, and its blue waters mirror the surrounding mountains. Gokyo Ri is the summit of the trek, and a sunrise illuminating the Himalayas unleashes unforgettable hues.

You will be lodging in hotels in Kathmandu and teahouses on the way. You will be served a complete meal, tea, and fruit daily. The trek involves the use of licensed guides, porters, and medical support to offer safety.

The hike is most advisable during spring or fall, when the combination of nature, the exploration of culture, and reasonable walking time is all possible. A combination of high altitude adventure and calm scenery makes it a very fulfilling.

## Trip Highlights

- Scenic flight to Lukla (2,860 m) after a drive from Kathmandu to Ramechhap, followed by a gentle trek to Phakding (2,610 m). Distance: ~8 km, descent of 250 m through pine forests, suspension bridges, and riverside trails.
- Trek from Phakding to Namche Bazaar (3,440 m), crossing suspension bridges over the Dudh Koshi River. Distance: ~10–11 km, ascent of 830 m, with vibrant Sherpa villages and the first views of Everest.
- Acclimatization day in Namche Bazaar, with a short hike to Everest View Hotel (3,880 m). Gain: ~440 m, offering panoramic scenery of Everest, Lhotse, and Ama Dablam while adjusting safely to altitude.
- Trek from Namche Bazaar to Dole (4,200 m). Distance: ~11 km, ascent of 760 m. The trail passes rhododendron forests and offers wide Himalayan vistas.

- Trek from Dole to Machhermo (4,470 m). Distance: ~7 km, ascent of 270 m. The route climbs gradually through alpine meadows with views of Cho Oyu.
- Trek from Machhermo to Gokyo (4,790 m). Distance: ~7 km, ascent of 320 m. The trail leads past the turquoise Gokyo Lakes to the village of Gokyo.
- Acclimatization day in Gokyo, with a hike to Gokyo Ri (5,357 m). Gain: ~567 m, offering breathtaking views of Everest, Cho Oyu, Makalu, and the Gokyo Lakes.
- Trek from Gokyo back to Dole (4,200 m). Distance: ~13 km, descent of 590 m. The trail retraces through alpine valleys and yak pastures.
- Trek from Dole to Namche Bazaar (3,440 m). Distance: ~11 km, descent of 760 m. The route passes Sherpa villages and rhododendron forests.
- Trek from Namche Bazaar to Lukla (2,860 m). Distance: ~18 km, descent of 580 m. The long day passes through suspension bridges, pine forests, and lively Sherpa villages, completing the circuit.
- Flight from Lukla to Ramechhap and drive to Kathmandu (1,400 m). Altitude loss: 1,460 m, returning to city comforts after the mountain adventure.
- Departure day from Kathmandu, or extension for another Himalayan activity such as cultural tours or short hikes.

## Detailed Itinerary

### Arrive in Tribhuvan International Airport

Trekkers will fly into Kathmandu and be taken to their hotel to be oriented and prepared. During the cultural sightseeing of the capital city, guides will give trek details, permits, and safety instructions. No trekking activity is planned on the arrival day. The night will consist of gear checks, team briefing, and a welcome dinner with the team.

### Drive to Ramechhap, Flight to Lukla (2,860 m), Trek to Phakding (2,610 m)

The day starts from an early morning drive from Kathmandu (1,324 meters) to Ramechhap (474 meters), which is around a 4-5 hour drive. From Ramechhap, trekkers will take a short and thrilling flight to Lukla (2,860 m) which is the gateway to the Everest region. The sudden improvement in altitude allows the trekkers to breathe the sharp mountain air and witness the breathtaking Himalayan scenery. From Lukla, the trek goes gently down to Phakding (2,610 m) while following the Dudh Koshi River. The trail goes through suspension bridges adorned with prayer flags, pine forests and Sherpa villages. Stops at Chheplung and Ghat allow trekkers time to take tea breaks and to talk to local people. Views of Kusum Kanguru and the Mani walls make up the exploration for the day.

### Trek Phakding → Namche Bazaar (3,440 m / 11,286 ft)

The path goes through the Dudh Koshi River, passing a few suspension bridges, one of which is the famous Hillary bridge. Trekkers walk through a village such as Monjo, the entrance checkpoint to the Sagarmatha National Park. The path is slowly rising, and the green woods of rhododendron and pine give shelter and glimpses here and there of Thamserku and Kusum Kanguru. The last leg is a sharp ascent to Namche Bazaar, the Sherpa capital at 3,440m. Namche is a bustling town that has markets, bakeries and shops and a blend of both traditional Sherpa culture and modern trekking facilities. It is the capital of the Khumbu region and the ideal location to relax, acclimatize, and sightseeing.

### Acclimatization in Namche Bazaar, Hike to Everest View Hotel (3,880 m / 12,730 ft) and return

The day is spent in acclimatizing in Namche Bazaar, the Sherpa capital that is bustling. Trekkers ascend to the Everest View Hotel at 3,880, g, one of the highest hotels in the world, where they have the highest view of Everest, Lhotse, Ama Dablam, and Thamserku. The increase assists the body to adapt to the high altitude and offers beautiful scenery. Following the ascent, hikers come back to Namche to enjoy its colourful market, museums, and monasteries. Sherpa culture is abundant in the town with prayer flags, mani walls, and traditional houses adorning its streets. This day of acclimatization makes sure that the trekkers are well adjusted to the higher altitudes.

### Trek from Namche Bazaar to Dole (4,200 m / 13,779 ft)

Leaving Namche, the trail climbs steadily through rhododendron and juniper forests, gradually thinning as altitude increases. Trekkers pass through small settlements such as Mong La and Phortse Tenga, where traditional Sherpa farming and yak herding can be observed. The route offers magnificent views of Ama Dablam, Khumbila, and the distant Cho Oyu. The ascent to Dole is more demanding, with thinner air and steeper paths. Dole is a small highland village surrounded by alpine meadows, serving as an important acclimatization stop. The teahouses here provide warm meals and shelter, while the quiet atmosphere allows trekkers to rest and prepare for the climb toward Machhermo.

**Overnight at: Teahouse in Dole (4,200 m)**

### **Trek from Dole to Machhermo (4,470 m / 14,665 ft)**

The path out of Dole is a gradual ascending incline through the foothills with plants becoming scarce in greater altitudes. Trekkers traverse small pastures of yaks and view Cho Oyu, Kantega, and Thamserku. The air is thinner, and the walk will need to go slower as the body needs to get used to the altitude. One of the most important acclimatization points is Machhermo, 4,470 m high, and the most famous facility is its altitude awareness center where trekkers can be educated on AMS prevention. The village is encircled with dramatic ridges and glacial valleys, where one can find a calm environment to rest and explore. **Overnight at: Teahouse in Machhermo (4,470 m)**

### **Trek from Machhermo to Gokyo (4,790 m / 15,715 ft)**

The climb between Machhermo and Gokyo is one of the most picturesque parts of the path. The path then climbs up with the Ngozumpa Glacier, which is the largest glacier in Nepal and also through a chain of turquoise lakes. The Longponga Tsho and Taujung Tsho are visited first, before the main Gokyo Lake, Dudh Pokhari at 4,790 m. As trekkers will reach the village of Gokyo, the stunning views of Cho Oyu towering over the lakes will welcome them. It is a small but friendly settlement, with teahouses to eat and sleep in. Gokyo is a feature of the trek that is both natural and culturally important, as it includes the serenity of the sacred lakes. **Overnight at: Teahouse in Gokyo (4,790 m)**

### **Acclimatization in Gokyo, Hike to Gokyo Ri (5,357 m / 17,575 ft) and return**

It is among the most rewarding days of the trek. First thing in the morning, the trekkers will alight the steep path to Gokyo Ri (5,357 m), the tallest point in the adventure. The mountain climbing is strenuous because of the unstable air, yet the landscape is unsurpassed at the top. At the summit, trekkers view four of the tallest mountains in the world, including Everest, Lhotse, Makalu, and Cho Oyu as well as the expansive Ngozumpa Glacier and the clear, turquoise Gokyo Lakes. Trekking after spending some time at the summit to take photos and reflect, the trekkers head back to the village of Gokyo. The afternoon is at your own disposal to visit the settlement on the lakeside, to meet the people, or to rest and relish the peaceful view of the holy lakes. **Overnight at: Teahouse in Gokyo (4,790 m)**

### **Trek from Gokyo to Dole (4,200 m / 13,779 ft)**

It is among the most rewarding days of the trek. First thing in the morning, the trekkers will The expedition starts with a walk down the valley of the Ngozumpa Glacier, following the route again along the succession of the Gokyo Lakes. The route provides breathtaking scenery of Cho Oyu and other mountains that trekkers slowly descend. As it moves through Machhermo and alpine pastures, the scenery changes to barren highlands then to greener valleys. On the path, trekkers pass by herds of yaks, small Sherpa settlements, and Buddhist prayer flags and mani walls provide markings on the path. The downward is simpler on the lungs, but needs close walking on the rocky walks. Towards the end of the afternoon, the party reaches Dole (4,200 m), a small village amidst the alpine heights, and where one should rest after a lengthy day. **Overnight at: Teahouse in Dole (4,200 m)**

### **Trek from Dole to Namche Bazaar (3,440 m / 11,286 ft)**

The expedition starts with a walk down the valley of the Ngozumpa Glacier, following the route again along the succession of the Gokyo Lakes. The route provides breathtaking scenery of Cho Oyu and other mountains that trekkers slowly descend. As it moves through Machhermo and alpine pastures, the scenery changes to barren highlands then to

greener valley. On the path, trekkers pass by herds of yaks, small Sherpa settlements, and Buddhist prayer flags and mani walls provide markings on the path. The downward is simpler on the lungs, but needs close walking upon the rocky walks. Towards the end of the afternoon, the party reaches Dole (4,200 m), a small village amidst the alpine heights, and where one should rest after a lengthy day. **Overnight at: Teahouse in Namche Bazaar (3,440 m)**

### **Trek from Namche Bazaar to Lukla (2,860 m / 9,383 ft)**

The road leading to the valley of Dole makes its way downward through the alpine meadows and the rhododendron woods. When trekkers drop in altitude, breathing is easier and energy levels rise as compared to the higher parts of the trek. The path passes through tiny Sherpa ethnoses such as Phortse Tenga and Mong La, whose mani walls, prayer wheels and Buddhist chortens are a reminder of the strong spiritual ethos of the Khumbu. Sights of Ama Dablam, Thamserku and Khumbila are the main features of the skyline, and the plentiful greenery and running rivers are a welcome relief to the barren highlands above. Oxygen levels can make trekkers feel that their bodies are more light and energetic. In the afternoon, Namche Bazaar is a busy town, and the trekkers are also ready to take them back with all the bustle of the town, markets, bakeries, and the cultural richness of its inhabitants. **Overnight at: Teahouse in Lukla (2,860 m)**

### **Flight Lukla → Ramechhap, Drive to Kathmandu (1,400 m)**

The day starts with a short morning flight from Lukla (2860m) back to Ramechhap (474m). This flight is an opportunity to lastly admire the Himalayan peaks from the air. After landing, trekkers drive back to Kathmandu (1,400m) and return to the comfort of the city. Upon arrival, trekkers check into their hotels, get to enjoy hot showers, and relax after the trek. The evening is free for shopping in Thamel, exploring cultural heritage sites or celebrating the successful completion of the Gokyo Lakes adventure with a farewell dinner. **Overnight at: Hotel in Kathmandu (1,400 m)**

## What's Included

- Private airport transfers in a comfortable vehicle for smooth arrivals and departures
- Accommodation in teahouses during the trek and hotels in Kathmandu (twin-sharing basis)
- Full board meals during the trek (breakfast, lunch, and dinner), with seasonal fruits after dinner
- Experienced English-speaking trekking guide providing professional and friendly support
- Porter service is optional (one porter shared between two trekkers)
- Salaries, equipment, and insurance coverage for guides and porters
- Emergency rescue coordination services (rescue costs to be covered by trekker's travel insurance)
- A basic first-aid kit carried by the guide for safety
- Trek completion certificate to commemorate your achievement
- Required permits: Sagarmatha National Park Permit and Khumbu Pasang Lhamu Rural Municipality Entry Permit
- Printed trekking route map to help navigate the trek
- All applicable government taxes and official charges

## What's Not Included

- Travel insurance (recommended to cover high-altitude trekking and emergency rescues)
- Personal expenses during the trek, including hot showers, device charging, and Wi-Fi
- Beverages of any kind: tea, coffee, mineral water, soft drinks, alcoholic drinks, etc.
- Personal trekking gear and equipment (boots, jackets, poles, sleeping bags, etc.)
- Tips for guides and porters
- Expenses due to unforeseen circumstances such as natural disasters, extreme weather, political unrest, or flight delays (especially Lukla flights)
- Kathmandu hotel and food expenses before/after trek (outside the package)
- Sightseeing or cultural tours in Kathmandu not included in the trekking package

## Equipment & Packing List

How does the Gokyo Lake trek start and end?

This journey begins with the official arrival in Kathmandu, orientation, and the preparation of departure. It is a picturesque journey to Ramechhap and a short flight to Lukla, the base of the Everest region. The path is a mellow walk and begins at Lukla, then moves on to Phakding (2,610 2,610 m), where Tibetan culture is evident in mani walls, prayer wheel, and a variety of Sherpa villages along the way.

The path ascends to Phakding then to the busy Sherpa capital, Namche Bazaar (3,440 ■) and the ridge-topped valley, with Himalayan scenery. The process of acclimatization will include an ascent to the Everest View Hotel where you will get a glimpse of Everest, Lhotse, and Ama Dablam. Sherpa hospitality, vibrant Saturday markets, and trips to monasteries and museums, which display mountaineering history and heritage influenced by Tibet, are all part of cultural experiences.

Trekkers slowly climb to Dole (4,200 m) and Machhermo (4,470 m) through alpine fields, yak grazing fields and ridges overlooking Cho Oyu. The path changes to dry mountainous areas, providing an incomparable scenic diversity. The trail goes through villages filled with the traditional stone houses and spinning prayer flags and the stories of the local gods give the journey some spiritual insight.

When trekkers arrive at Gokyo village (4,790 m), they are greeted by snowy mountain reflection lakes in turquoise. The climax of the trek is Gokyo Ri ( 5,357 m ) which provides a panoramic view of both Everest and Makalu along with Lhotse, Cho Oyu and the Ngozumpa Glacier. Gokyo Lakes are holy to both the Buddhists and the Hindus, and the waters are associated with the divine blessings in the local legends.

On the way back, you go through Machhermo, Dole, and Namche and finish at Lukla (2,860 m). Hotels and teahouses in Kathmandu offer accommodation. Dining is full board, tea and fresh fruit daily. Certified guides, porters, and medical services ensure that you are safe during the trek.

The adventure is completed with a trip back to Ramechhap by flight, a road trip to Kathmandu and leaving Kathmandu Tribhuvan International Airport.

Distance coverage, altitude gain, and drop of the Gokyo Lakes Trekking

Day

Route

Distance

Duration

Altitude Gain/Loss

Sleep Altitude

1

Arrival in Kathmandu, transfer to the hotel

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1,400 m

2

Drive Kathmandu → Ramechhap, flight to Lukla (2,860 m), trek to Phakding

~8 km

3–4 hrs

–250 m

2,610 m

3

Trek Phakding → Namche Bazaar

~10–11 km

6–7 hrs

+830 m

3,440 m

4

Acclimatization in Namche, hike to Everest View Hotel (3,880 m) and return

~3–4 km

3–4 hrs

+440 m / –440 m

3,440 m

5

Trek Namche Bazaar → Dole

~11 km

5–6 hrs

+760 m

4,200 m

6

Trek Dole → Machhermo

~7 km

4–5 hrs

+270 m

4,470 m

7

Trek Machhermo → Gokyo

~7 km

5–6 hrs

+320 m

4,790 m

8

Acclimatization in Gokyo, hike to Gokyo Ri (5,357 m) and return

~4–5 km

4–5 hrs

+567 m / –567 m

4,790 m

9

Trek Gokyo → Dole

~13 km

6–7 hrs

–590 m

4,200 m

10

Trek Dole → Namche Bazaar

~11 km

5–6 hrs

–760 m

3,440 m

11

Trek Namche Bazaar → Lukla

~18 km

7–8 hrs

–580 m

2,860 m

12

Flight Lukla → Ramechhap, drive to Kathmandu

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–

–1,460 m

1,400 m

13

Departure day from Kathmandu or optional onward activities

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This itinerary features the moderate altitude gains, an acclimatization hike at the Everest View Hotel, and easy daily hiking distances. The highlights make the Everest Panorama Trek ideal for beginners or those with limited time.

What are the Permits and Expenses Needed for the Gokyo Lake Trek 13 Days?

Sagarmatha National Park Entry Permit

Every visitor should acquire Sagarmatha National Park permit to hike in the Everest region. It is a fee to conserve forests, wildlife, glaciers, and trail facilities in the UNESCO World Heritage Site.

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Foreigners: NPR 3,000 per person (USD 23–25)

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SAARC nationals: NPR 1,500 per person

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Children under 10: Free

Khumbu Pasang Lhamu Rural Municipality Permit

This local permit came to be used instead of the older TIMS requirements in the Everest region. It promotes community growth, infrastructure and general trail conditions throughout Khumbu villages.

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Foreigners: NPR 2,000 per person (USD 15–16)

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SAARC nationals: Same rate as foreigners

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Children under 10: Free

TIMS Card (Trekking Information Management System)

Although the Khumbu Pasang Lhamu permit has mostly substituted TIMS in this area, there are still agencies that issue TIMS cards to use for official registration and safety check-in.

- Foreigners: NPR 2,000 per person (USD 15)

- SAARC nationals: NPR 600 per person

Trip Cost of the Gokyo Lake Trek 13 Days package 2026/2027

Group Size

Price Per Person (USD)

10 persons

10 – 20 persons

21+ persons

Single Supplement

Note: Prices are per person. To a group of 10 trekkers, the price is .... USD per head. In cases of more than 21 individuals, the discounted rate is...USD per individual. Extra USD ... charge on personal dwelling if you demand a solitary room.

Best Time to Trek Gokyo Lake

Spring (March to May) | Ideal for Trekking

Spring offers mild temperatures, blooming rhododendrons, and stable weather. Trails are clear, though higher ridges may still hold snow in early March.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

March

5 to 10

5 to -8

60mm

Cold mornings, warming days

Light at higher altitudes

April

8 to 15

2 to -6

70mm

Stable, rhododendrons blooming

Rare

May

10 to 18

0 to -5

90mm

Warm, clear skies

Minimal

Autumn (September to November) | Best Season

The ideal time to do the Gokyo Lakes trek is always in autumn. It is clear, stable weather, and crisp air prevails. Trails are not wet, making slips less likely, but November nights are freezing.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

September

8 to 15

0 to -6

140mm

Clear skies, occasional showers

Light at higher altitudes

October

6 to 14

2 to -8

80mm

Stable, crisp skies

Rare

November

4 to 10

5 to -12

50mm

Clear, colder nights

Begins at higher passes

Winter (December to February) | Harsh & Challenging

Winter brings extreme cold, heavy snowfall, and icy trails. Trekking is dangerous because of snowbound routes, the danger of frostbite, and altitude illness.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

December

0 to 8

-5 to -15

40mm

Cold, clear skies

Heavy

January

-2 to 6

-8 to -18

30mm

Freezing, icy trails

Very Heavy

February

2 to 8

-6 to -16

35mm

Cold, occasional, clear days

Heavy

Summer/Monsoon (June to August) | Wet & Slippery

The monsoon rains cause heavy rainfall, cloudiness and landslides in lower valleys. Trails are dirty and slurry, and the sight of the Everest and Gokyo Lakes is frequently blocked.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

June

10 to 16

5 to -4

200mm

Rainy, cloudy skies

Rare

July

12 to 18

6 to -3

250mm

Heavy rain, poor visibility

Rare

August

12 to 17

6 to -2

220mm

Wet trails, frequent clouds

Rare

Summary

The best seasons for the Gokyo Lakes Trek are Spring (March–May) and Autumn (September–November), offering clear skies, stable weather, and vibrant landscapes. Winter (December–February) is freezing with heavy snowfall, while Summer/Monsoon (June–August) brings heavy rain, landslides, and obscured mountain views.

#### Dangerous Areas on the Gokyo Trek

- Ngozumpa Glacier: Slippery ice, hidden crevasses, avalanche risk in winter.
- Machhermo to Gokyo ascent: Steep ridges prone to snow buildup and wind exposure.
- Gokyo Ri summit (5,357 m): Risk of altitude sickness, frostbite, and avalanches in winter.
- Monsoon valleys (Phakding–Namche): Landslides, flooding, and slippery trails during June–August.

#### Packing List for the Gokyo Lake 13-Day Trek General Essentials

- Four-season sleeping bag suitable for sub-zero nights
- Insulated down jacket for high-altitude cold
- Daypack 35–45L with waterproof cover
- Trekking poles for steep ascents and glacier crossings
- Water purification tablets or portable filter
- Headlamp with spare batteries for teahouse evenings

#### Upper Body

- Sun hat or cap for daytime exposure
- Warm woolen beanie for chilly mornings and nights
- UV-protected sunglasses for snow glare
- Neck gaiter or buff for wind protection

#### Torso Layers

- Moisture-wicking base layers

- Two short-sleeve trekking shirts

- Two long-sleeve trekking shirts

- Fleece jacket or pullover for warmth

- Waterproof and windproof shell jacket

#### Lower Body

- Thermal leggings/base layer for cold nights

- Two pairs of trekking trousers

- Hiking shorts for lower altitudes

- Comfortable pants for teahouse stays

- Rain/snow shell pants for wet or snowy conditions

#### Hands

- Lightweight liner gloves

- Insulated waterproof gloves for higher elevations

#### Feet

- Warm wool socks for cold nights

- Trekking socks and liners for daily use

- Waterproof trekking boots with ankle support

- Gaiters for snow and muddy trails

- Casual shoes/slippers for teahouses

#### Undergarments & Sleepwear

- Quick-dry underwear

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Sports bras (for women)

- Thermal sleepwear for high-altitude nights

Medical & Personal Care

- Personal first aid kit, altitude medication, pain relievers
- Oral rehydration salts for hydration
- Sunscreen SPF 50+ and lip balm with SPF
- Menstrual products (for women)
- Hand sanitizer, wet wipes, and toiletries

Electronics

- Power bank (10,000–20,000 mAh)
- Solar charger for remote areas
- Camera/smartphone with extra memory cards
- Universal adapter plug

Miscellaneous

- Trekking duffel bag for porter use
- Lightweight towel
- Notebook and pen
- Snacks: energy bars, nuts, chocolates
- Reusable water bottle or hydration bladder
- Small lock for duffel bag
- Lightweight book or Kindle

Equipment Provided by the company

- Down jacket (loaned for trek)
- Four-season sleeping bag (loaned for trek)
- Trekking duffel bag (70L, for porter use)
- Gokyo Lakes trekking route map
- Trekking T-shirt (souvenir)
- Appreciation certificate after trek completion
- First aid kit with oximeter for altitude monitoring
- Basic medical support during the trek

**Note:** The company provides the essential gear but trekkers are encouraged to bring their own clothes, waterproof trekking shoes, toiletries, sun protection, water bottle that can be reused, snacks, electronic gadgets and personal medicines to be comfortable and safe.

#### Can You Trek the Gokyo Lake Solo?

Foreign hikers are no longer allowed to hike the Gokyo Lakes route on their own. In 2023, laws have mandated that every trekker must have licensed guides with registered agencies. This facilitates safety and appropriate control. Gokyo Lakes Trek is thus a 13-day package guided by groups, which provides cultural immersion, logistical services, and proper navigation. Passing over elevated areas like Gokyo Ri at 5,357m is risky due to altitude sickness and erratic weather. Acclimatization, emergency response, and a safe and pleasant adventure require professional advice.

What are the Meals and Accommodation Like in the Gokyo Lake Trek 13 Days Route?  
Gokyo Lakes 13-Day Trek Meals and accommodation create the perfect balance between comfort and Himalayan experiences.

In Kathmandu:

- Trekkers typically stay in 3-star hotels with twin or double occupancy rooms.
- Breakfast is included before departure to the trek and upon return.

Along the Trek:

- Accommodation is in standard Sherpa teahouses. Rooms are simple, with twin sharing beds and basic bedding.
- At lower altitudes (Phakding, Namche), some lodges may offer attached bathrooms and slightly better facilities.

- At higher villages (Dole, Machhermo, Gokyo), facilities are more basic, with shared bathrooms and limited amenities due to remoteness.

- In Gokyo, teahouses are rustic but welcoming, located beside the turquoise lakes with spectacular views of Cho Oyu and Everest.

Atmosphere:

- Teahouses provide warmth, coziness, and Sherpa hospitality.

- Evenings are communal, with trekkers gathering around wood stoves to share meals, stories, and the mountain atmosphere.

Meals

- Full board meals are provided throughout the trek: breakfast, lunch, and dinner daily.

- Traditional Nepali dishes like dal bhat (rice, lentils, vegetables) are supplemented by Sherpa and Tibetan-inspired meals such as noodles, soups, pasta, momos, thukpa, eggs, and Tibetan bread.

- Tea and coffee are served three times daily, and fresh seasonal fruit is offered after dinner to keep trekkers energized.

- At higher altitudes (Dole, Machhermo, Gokyo), meals are simpler but hearty, designed to provide warmth and calories for demanding trekking days.

Notes

- Meals include both Nepali and Sherpa/Tibetan dishes, with occasional international options in Namche Bazaar.

- Fresh fruit is served after dinner along the trail.

- Tea and coffee are provided three times daily.

- Accommodation is on a twin/double sharing basis, with attached bathrooms available in lower villages, and shared bathrooms at higher altitudes.

This setup means the trekkers will receive high-quality food and good accommodation as they explore the cultural depth of the Everest area and the calmness of the Gokyo Lakes.

### **Visa and Entry Requirements for Gokyo Lake Trek**

#### **Nepal Entry Visa**

Every foreigner needs a Nepal entry visa to participate in the Gokyo Lakes trek. The visa is acquired either at Tribhuvan International Airport in Kathmandu or Nepali embassies in other countries. They must have a valid passport (minimum six months) and a photo the size of a passport.

- 15-day multiple-entry visa: USD 30

- 30-day multiple-entry visa: USD 50

- 90-day multiple-entry visa: USD 125

- Payments are generally made in cash, preferably in US dollars.

#### Sagarmatha National Park Entry Permit

Supports conservation of forests, glaciers, wildlife, and trail infrastructure in the UNESCO-listed Everest region.

- Foreigners: NPR 3,000 (USD 23–25)

- SAARC nationals: NPR 1,500

- Children under 10: Free

#### Khumbu Pasang Lhamu Rural Municipality Permit

Introduced to replace TIMS in the Everest region, this fee supports local community development and trail maintenance.

- Foreigners: NPR 2,000 (USD 15–16)

- SAARC nationals: Same rate

- Children under 10: Free

#### Local Municipality Fees

Trekking permits within the Everest/Gokyo region will also be required in addition to the entry visa. These permits are gathered at checkpoints along the trail. The charges directly sponsor Sherpa villages, infrastructural support, and culture. This is covered by the Khambhu Pasang Lhamu permit.

#### Provided by Trekking Company

Everest Guide Treks Company takes care of all the required permits and makes them part of a package. This keeps them within the Nepal trekking regulations and gives a hassle-free experience to the trekkers in the Gokyo Lakes adventure.

#### Travel Insurance Requirements and Emergency Rescue Coverage for Gokyo Lake Trek

The Gokyo Lakes 13 -Day Trek requires travel insurance. All participants need to have a policy that includes trekking higher than 5,000 meters above sea level, as the path reaches Gokyo Ri at 5,357 meters. In the absence of this coverage, trekkers cannot participate in the trek based on the existing regulations.

The coverage should cover emergency helicopter evacuation, medical care in Kathmandu hospitals, and repatriation to your home country. It must also address flight cancellations, delays, and interruptions since flights in and out of Lukla are frequently caused by mountain weather that can be unpredictable.

This is usually organized at Namche Bazaar or Lukla to carry out a rescue mission. Helicopters are used in severe cases to evacuate people. The rescue operation is conducted by licensed guides at expenses which are covered by your insurance company.

Guides carry medical kits, such as oximeters, to measure the level of oxygen saturation at elevation. It assists in reporting the early signs of acute mountain sickness and timely medical decisions. An all-inclusive travel insurance policy is thus necessary to ensure safety, compliance, and peace of mind in the Gokyo Lakes 13-Day Trek.

#### Guide and Porter Services, Staffing, and Baggage Allowance for Gokyo Lake Trek

- Trek led by licensed, English-speaking guides experienced in high-altitude management, glacier terrain, and Sherpa culture.
- An assistant guide is provided for groups larger than 12 trekkers to maintain balanced supervision and safety.
- Porters carry 12–15 kg per trekker, with one porter assigned for every two trekkers.
- All staff are fully insured, properly equipped, and provided with food, lodging, and transport during the trek.
- Salaries and expenses of guides and porters are included in the package cost.
- Guides and porters ensure safety, manage logistics, and enrich the journey with cultural insights into Sherpa traditions, monasteries, and the sacred Gokyo Lakes, making the adventure secure and meaningful.

#### Altitude Sickness and Prevention for the Gokyo Lake Trek

Prevention starts with gradual acclimatization, adequate hydration, and rest days, which are scheduled in Namche Bazaar and Gokyo. Trekkers must not consume alcohol or smoke, must walk at a moderate pace, and have balanced meals every day. These are used to maintain energy and minimize the chances of altitude sickness.

The trek to Gokyo Lakes is an elevation that rises beyond 5,000 m, with the peak at Gokyo Ri (5,357 m). The risk of Acute Mountain Sickness (AMS) is more frequent at this altitude, where symptoms may include headache, nausea, and fatigue. The altitude and the thin air of Machhermo and Gokyo require one to be mindful of time and physical limits.

Accompanied by medical kits with oximeters to check the oxygen saturation and identify early signs of trouble. When the symptoms appear, the safest action is direct descent. Helicopters are dispatched, and rescue operations are organized via Namche or Lukla. Hospitals in Kathmandu receive patients to treat and recover. Guides control the process, provide timely medical assistance, and communicate with insurance companies.

Thus Gokyo Lakes 13 0 Day Trek can be a safe, rewarding, and memorable experience with proper acclimatization, professional guidance, and awareness of the dangers of altitude.

#### Personal Expenses and On-Trek Incidentals to Budget For on the Gokyo Lake Trek

The 13-day Gokyo Lakes trek package does not cover personal expenses that trekkers should anticipate. They usually include snacks, bottled water, and additional tea or coffee bought on the road. In teahouses, Wi-Fi, hot showers, and charging devices are extra, and the prices go up the higher the location. Personal expenses also include alcoholic drinks,

soft drinks, and phone calls. Namche Bazaar or Gokyo village souvenir shopping will demand extra cash.

Guide and porter tips are usual and must be prepared in advance. It is recommended to bring small amounts of Nepalese rupee since the ATMs are scarce and unreliable in Khumbu region. A well-planned budget of these incidentals will make sure that the trek is a smooth sail without any financial strain and will give the trekkers the full pleasure of the Gokyo Lakes 13 Day adventure.

#### Extra Activities and Customized Services Available for Gokyo Lake

The standard 13-day trek package does not include extra activities or customized services, but can be adapted to individuals or groups to add cultural richness, comfort, and memorable highlights to the Gokyo Lakes journey.

Trekkers can improve their adventure Gokyo Lakes 13-Day trip by adding activities like private sightseeing in Kathmandu, cultural walks in Namche Bazaar or even visits to monasteries in Khumjung. Such experiences can give a more in-depth exploration of Sherpa culture and rest off the route.

Personalized services such as hotels upgraded in Kathmandu, individual vehicle transfers, or the hiring of additional porters to carry heavier baggage may be booked at request. These options will enable trekkers to experience greater comfort and convenience during the journey.

Everest, Lhotse, Cho Oyu, and the turquoise Gokyo Lakes can also be seen by helicopter at an additional fee. These flights are provided with panoramic views of the Himalayas and glaciers, providing trekkers with a special means to explore the region without lengthening the trek.

Everest Guide Treks Company helps in planning these trips, procuring permits, and communicating with the local communities. Their assistance helps to make the arrangements, adhere to the cultural and environmental policies, and unforgettable additions that enrich the Gokyo Lakes trekking experience.

#### Why Trek the Gokyo Lake with Us?

The Gokyo Lakes Trek with Everest Guide Treks is an adventure, cultural and professional trek in the central part of the Everest region. Our 13 day itinerary has been well-planned to balance the acclimatization with safety and the demonstration of the turquoise lakes, the Ngozumpa Glacier, and the panoramic view of Gokyo Ri. Licensed Sherpa guides guide through and provide profound information about local customs, monasteries and life in the highlands.

Our departures are guaranteed, flexible, and an all-inclusive package of Permits (Sagarmatha National Park, Khumbu Pasang Lhamu), transport, meals, accommodation, guides, and porters- we are taking away the logistical headache. We have a solid reputation and years of staff experience that will help to make the work of larger groups smooth, with assistant guides and porters to provide additional safety and care.

To make the trek more stimulating, additional services like cultural walks in Namche Bazaar, monastery tours in Khumjung or helicopter sightseeing trips of Everest, Lhotse and Cho Oyu can be organized. The Gokyo Lakes adventure with Everest Guide Treks is not only a high altitude adventure but safe, culturally immersive and memorable experience of the majestic lakes.

## Pricing

Group Size	Price per Person (USD)
Individual	\$0.0

## Frequently Asked Questions

### Q: What is the Gokyo Lake Trek?

A: The Gokyo Lake Trek is a scenic Himalayan trekking route in the Everest region that takes trekkers to the beautiful turquoise Gokyo Lakes and the famous viewpoint of Gokyo Ri.

### Q: How difficult is the Gokyo Lake Trek?

A: The trek is considered moderately challenging due to high altitude, steep ascents, and long trekking days.

### Q: How many days does the trek take?

A: The standard itinerary usually takes 13 days including arrival, trekking, acclimatization, and return flights.

### Q: What is the highest point of the trek?

A: The highest point is Gokyo Ri at 5,357 meters (17,575 ft).

### Q: Is prior trekking experience necessary?

A: Previous trekking experience is helpful but not mandatory. Good physical fitness and preparation are highly recommended.

### Q: What are the main highlights of the trek?

A: Highlights include: Gokyo Lakes Gokyo Ri sunrise viewpoint Ngozumpa Glacier Sherpa villages and culture Views of Mount Everest, Cho Oyu, Lhotse, and Makalu

### Q: What permits are required for the trek?

A: You need: Sagarmatha National Park Permit Khumbu Pasang Lhamu Rural Municipality Permit

### Q: What is the best season for the trek?

A: The best trekking seasons are: Spring (March to May) Autumn (September to November)

### Q: Is altitude sickness a concern on this trek?

A: Yes, altitude sickness can occur above 3,000 meters. Proper acclimatization and hydration are important.

### Q: Are guides necessary for the trek?

A: Guides are highly recommended for navigation, safety, and cultural experience, though experienced trekkers may trek independently depending on current regulations.

### **Q: What type of accommodation is available?**

A: Accommodation is mainly tea houses and mountain lodges with basic but comfortable facilities.

### **Q: How many hours do we trek each day?**

A: Daily trekking generally ranges from 4 to 7 hours depending on the route and altitude.

### **Q: Is the Gokyo Lake Trek less crowded than Everest Base Camp?**

A: Yes, the Gokyo route is usually quieter and less crowded compared to the classic Everest Base Camp trail.

### **Q: What should I pack for the trek?**

A: Essential items include: Down jacket Sleeping bag Waterproof trekking boots Thermal clothing Trekking poles Gloves and hat Sunglasses and sunscreen Water bottle and purification tablets

### **Q: Is Wi-Fi available during the trek?**

A: Most villages provide Wi-Fi and charging services for additional costs, though the internet may be slow at higher elevations.

### **Q: How cold does it get during the trek?**

A: Temperatures can drop below -10°C at higher elevations, especially during mornings and nights.

### **Q: Is drinking water available on the route?**

A: Yes, but it is recommended to drink boiled or filtered water or use purification tablets.

### **Q: Are Lukla flights included in the trek?**

A: Most packages include domestic flights between Kathmandu or Ramechhap and Lukla.

### **Q: Can beginners complete the Gokyo Lake Trek?**

A: Yes, physically fit beginners with proper acclimatization and preparation can complete the trek successfully.

### **Q: Why choose the Gokyo Lake Trek?**

A: The Gokyo Lake Trek is ideal for trekkers seeking: Stunning glacial lakes Fewer crowds Panoramic Himalayan views Rich Sherpa culture A peaceful Everest region trekking experience