



Head Office

Chhetrapati, Thamel, Kathmandu, Nepal

+977 9851069558

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/name/myeveresttrip)

Everest Gokyo Ri Trek

- Duration: 11 Days Days
- Max Altitude: 5,330 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights

- A Scenic Flight From Kathmandu to Lukla.
- I am getting to know Sherpa culture.
- Visiting the Namche Bazaar and Khumjung Valley.
- Investigating Everest Viewpoint.
- Encountering the Gokyo Lakes and Gokyo RI.
- An excursion to the Hillary Museum.
- Turquoise and quiet Gokyo Lakes
- Great perspective on Mt Everest, Lhotse, Makalu, Cho Oyu, and 84 other distinct Mountains sees.
- Buddhist supplication banner with Tibetan mantra composed of stone.

Overview

Everest Gokyo Ri Trek and Gokyo Lake Trek are rated as one of the best places to experience trekking in Nepal. It is recommended for those who want to experience Everest trekking and want an alternative to the [Everest Base Camp](#) / EBC Trek. This 11-day Everest Gokyo Ri Trek leads you to the delightful Gokyo Valley.

It is considered one of the highest settlements in Nepal. Everest Gokyo Ri Trek allows you to experience an authentic Nepali life. First, explore the Sherpa settlement in Namche Bazaar, where you can enjoy the brilliant vista of Everest, the 'Peak of Heaven'—later passed through Dhole, Luza, and Machhermo.

Everest Gokyo Ri Trek

One of the unique things about this Everest Gokyo Ri Trek is the opportunity to experience such diverse landscapes within two weeks. This will start with the Gokyo Valley trek portion of your adventure. As you

walk around the Gokyo Lakes, comprised of the six crystalline lakes, which make up the highest freshwater system in the world. From here, you will venture to the lush green forests of the lower Khumbu region. You will tackle the dry and rocky terrain of the Gokyo region and marvel at the icy moraines of the Ngozumpa glacier.

Throughout your adventure, you will enjoy the mesmerizing sights of Everest (8848m), Cho Oyu (8201m), Lhotse (8516m), Makalu (8481m), and Amadablam (6812m). The Everest Gokyo Ri trek is rated as having moderate difficulty. It will include full support and rest stops throughout. Your most memorable stop will be as you reach the Everest viewpoint. You can relax as you take in the unparalleled panoramic views surrounding you.

Gokyo Lake Trek Cost

The main costs associated with the Everest Gokyo Ri Trek include trekking permits, guide and porter fees, accommodation, meals, transportation, and miscellaneous expenses. Trekking permits for the Everest region, such as the Sagarmatha National Park Permit and TIMS card, are essential and have specific costs. Although optional, hiring a guide and porter can provide assistance and support during the trek. Accommodation in teahouses or lodges along the route varies in cost. Meals, including breakfast, lunch, and dinner, are available at teahouses, and their prices depend on the menu and location. Transportation costs cover flights from Kathmandu to Lukla and back. Miscellaneous expenses encompass travel insurance, equipment rental, showers, water, snacks, and souvenirs.

Gokyo Trek Packing list

When preparing for the consider packing essentials such as a sturdy backpack, hiking boots, warm clothing layers, rain gear, a sleeping bag, trekking poles, a water bottle, sunscreen, a hat, sunglasses, a first aid kit, toiletries, a headlamp, a camera, extra batteries, and energy snacks. Additionally, carry altitude sickness medication, a map and compass, cash, and necessary travel documents. Don't forget to pack a good-quality trekking map and a comprehensive guidebook for reference.

Gokyo Lake Trek Best Time

We offer various Everest trekking with [Everest Gokyo ri trek](#) and tour services around Nepal with experienced guides and support staff. Gokyo ri Everest base camp trek will ensure a safe, comfortable, and enjoyable trip. We recommend you make this trip between March and May or September and mid-December.

For any more queries regarding the Gokyo trek cost, [Gokyo Ri Trek Difficulty](#), your itinerary (including Flight to Lukla), or anything else, then please don't hesitate to get in touch. Or, if you would like to read about what it is like to experience this adventure.

Day 01

Kathmandu - Lukla [2,800 m/9,184 ft] - Phakding (2,652 m/8,700 ft): 3 - 4 Hrs

From TIA, you will board a flight to Lukla Airport, the gateway to Everest. After about 40 minutes aboard one of the World's most scenic flights, you will arrive at Lukla. You will then trek for about 3 hours until

you reach Phakding. O/N in Phakding. Included: Accommodation, Breakfast, Lunch, and Dinner.

Day 02

Phakding - Namche Bazaar [3,440 m/11,283 ft]: 5 - 6 Hrs

You will move towards [Namche Bazaar](#) alongside the Dudh Koshi River from here. We will walk past Chumao and Monjo, from where we will enter the Sagarmatha National Park. We will then follow a steep trail to the Sherpa town called Namche Bazaar, which includes: Accommodation, Breakfast, Lunch, and Dinner.

Day 03

Namche Bazaar: Acclimatization Day

You will require an acclimatization day to adapt to the changing climate. To make the most of this time, you will hike up to Syangboche airport for an astonishing view of Everest (8848m) and the surrounding peaks of the Khumbu region. Then we will return to Namche Bazaar and visit the Sherpa Museum to glimpse Sherpa heritage. We will then spend the day enjoying the view of the enticing landscape and Sherpa Villages. O/N in Namche Bazaar. We included: Accommodation, Breakfast, Lunch, and Dinner.

Day 04

Namche Bazaar - Dhole -[4110 m/ 13,480 ft]: 5 - 6 Hrs

Leaving Namche, you first descend towards Dudh Koshi River and ascend towards Dhole. The trail is mostly stone steps amid rhododendron forests that take you past 'Mani walls' encrypted with Buddhist prayers. Upon arrival in Dhole, you can experience the simple and humble lifestyle of the Sherpa people. O/N in Dhole. Included: Accommodation, Breakfast, Lunch, and Dinner.

Day 05

Dhole -Machhermo-[4,470 m/ 14,663 ft]: 5 - 6 Hrs

From Dhole, you move towards Machhermo - following the trails of the Dudh Koshi River. The course takes you on a steep ascend to a panoramic view of Cho Oyu (8201m), Taboche (6542m), and Thamserku (6623m). In Machhermo, you will witness the warm hospitality of the Sherpa people. O/N in Machhermo. Included: Accommodation, Breakfast, Lunch, and Dinner.

Day 06

Machharmo - Gokyo [4800 m/15,744 ft]: 5 - 6 hours

You will walk through Phang Kha and descend to the riverbank before climbing up to the terminal moraines of Ngozumpa Glacier - the largest glacier in the Nepal Himalayas. You will explore three Gokyo lakes as you walk to Gokyo Village. O/N in Gokyo. Included: Accommodation, Breakfast, Lunch, and Dinner.

Day 07

Explore Gokyo Valley: Climb Gokyo Ri [5357 m/17,570 ft] and hike to the fifth lake: 5 - 6 Hrs

You will hike up from Gokyo village and climb the Gokyo-Ri. You can view Mt. Everest (8848m), Cho-yu (8201m), Lhotse (8516m), Makalu (8481m), and the vast Ngozumpa glacier from Gokyo-Ri - along with the tranquil Gokyo lakes, the highest freshwater lake system in the World, made up of six lakes. O/N in Gokyo. Included: Accommodation, Breakfast, Lunch, and Dinner.

Day 08

Gokyo - Dhole: 5 - 6 Hrs

From Gokyo, you descend straight down toward the village of Dhole. Dropping alongside the Dudh Koshi River, you will walk through pastures and mesmerizing flora and fauna to reach Dhole - enjoying the vista of the Khumbu Himalayas. O/N in Dole Included: Accommodation, Breakfast, Lunch, and Dinner.

Day 09

Dhole - Namche Bazaar: 4 - 5 Hrs

After walking downhill past Phortse Thanga and Mong villages, you will finally reach Namche Bazaar. You will feel exhausted but exhilarated and can celebrate your accomplishment with local Sherpa cuisine. O/N in Namche. Included: Accommodation, Breakfast, Lunch, and Dinner.

Day 10

Namche Bazaar - Lukla: 6 - 8 Hrs

You will trek back from Namche Bazaar to Lukla, leaving behind the pine and cedar forests as you reflect upon your trek and complete your journey. O/N in Lukla. Included: Accommodation, Breakfast, Lunch, and Dinner.

Day 11

Fly back to Kathmandu/Rest Day

oak in your last sight of the Himalayas as you fly back to Kathmandu from Lukla and enjoy your final night in the city's heart. O/N at the hotel. You included: Accommodation, Breakfast, and Dinner.

What To Expect?

What's included

- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Domestic flights (KTM-Lukla-KTM or Ramechep - Lukla - Ramechep) with all surcharges and airport taxes for guests and guide
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.

- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking,
- Trekking porter/Sherpa who will carry your bags during the trekking (2 person 1 Porter)
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment.

FAQs

Is The Gokyo Ri Trek Possible?

Yes, you can do a [Gokyo trek](#) solo or hire a guide. Prior preparation to build physical stamina is necessary for your trek. Trekking without a guide does have problems with navigation. So Hiring a guide is best for your hike.

How Long is Gokyo Trek?

MyEverestTrek Gokyo trek is about 11 days of the journey in total. Including two days for arrival and departure and one day in Kathmandu, your actual time in the mountains is ten days. Since there are two rest days, one in Namche and the other in Gokyo village, the solid trekking days are eight.

How Hard Gokyo Ri Trek?

You have to pass the steep mountain with a 5-7-hour daily trek, which is not easy. During monsoons, the trail becomes more slippery due to heavy rainfall, limiting your hike. Difficulty levels increase during the winter season with heavy snowfall and cold weather. Gokyo Ri is located at an altitude of 5357m; thus, altitude sickness is another problem. Drinking plenty of water and acclimatization can help with altitude sickness. However, all this pain is worth the beauty of Everest.

What are the Hotels in Gokyo Like?

You have plenty of options for choosing excellent, standard accommodation at a lower altitude. At higher altitudes, you have limited accommodation facilities. During the trek, you can find several tea houses facilitating capacity at a fair cost. They provide basic facilities like a single bed with a pillow and blankets. As the off-season begins, the rate of accommodation becomes cheap. Read the complete Everest Gokyo Trek Guide.

How to Reach Gokyo Lake?

There are plenty of options to reach Gokyo Lakes. You can fly to Lukla, ride to Jiri via bus, and then walk to Gokyo Lake. During the trek, you have to travel steep slopes and rivers. From Lukla, you must walk on foot via Namche to Gokyo. One can also reach Gokyo via a [Helicopter flight to Everest](#).

Can you see Everest From Gokyo?

Yes, you can enjoy the great view of Mount Everest, the world's tallest peak, from Gokyo. Gokyo Ri, a hilltop above Gokyo village, is among Gokyo's most beautiful viewpoints. So, you can see Everest and other Himalayas ranges in the Khumbu region, which is above 8000 meters from Everest.

Gokyo Ri itinerary

Embark on an unforgettable 12-day journey with our Gokyo Ri trek, which includes 11 nights of accommodation and offers breathtaking views of the Himalayas. Discover the beauty of Gokyo Lakes and conquer the summit of Gokyo Ri with our expertly crafted itinerary. Our schedule ensures an exhilarating adventure that blends nature and culture seamlessly, providing you with the best experience possible. Book your dream trek today and get ready for an unforgettable adventure!

Additional Information

Gokyo Lake Trek Difficulty

As you have to spend much time above 4000m altitude while trekking, We say it's moderately complex. However, Gokyo Valley trekking doesn't need any technical skills to climb. It involves 5-7 hrs of daily walking and crossing Rocky terrain at high altitude areas, thus increasing Gokyo Trek's difficulty. Gokyo Ri summit, Cho La Pass, Everest Base Camp, and the Kala Patthar are areas above 17000 ft, and you have to trek at this altitude.

Weather is another determining factor in the Everest Gokyo Trek difficulty. The weather during the winter season becomes harder for regular trekkers. Cold wind with snowfall causes problems during the trek. You have to wait for the regular season for your trek, which is around autumn and spring.

Goky Trek Altitude

Altitude sickness is another probable cause that limits your [Gokyo Lakes Trek](#). At higher altitudes, oxygen composition in atmospheric air becomes thinner, which can cause altitude sickness to trekkers. Before trekking this Gokyo Nepal, you must consider these difficulties and challenges. Walking a couple of hours during preparatory phase daily and physical training is crucial for you.

Some people begin to feel sick around 3000m. Symptoms may be dizziness, nausea, and headache. Drinking plenty of water and tea can improve your ability to face altitude sickness. You can also go down to a lower altitude and wait overnight. Before trekking, you can consult your doctor and do physical exercise daily.

Everest Gokyo Trek Distance

Everest Gokyo trek distance is about 100 km. As it has a longer trekking route, you must walk around 5-7 hr daily. Among 13 days of the total Gokyo Ri trek, the trekking days are about 8kms. This means you will be walking 12 to 15 km each day, and even for a very experienced trekker, getting to Gokyo and back demands about ten days of walking.

Best Time for Gokyo Trek

Choosing the best time for the [Gokyo trek](#) prevents you from dealing with unfavourable weather. Trekking during autumn and spring, i.e., around October and April, is the best time for the Gokyo village trek. During this season, you can explore clear mountain views with stable weather. But in the winter, you must face cold weather with frequent snowfall. Read the full article for the best season for trekking in Nepal.

Lukla to Gokyo Trek Cost

The cost of the Gokyo Ri trek depends upon things such as mode of transportation, accommodation, guide and Porter, food, permit cost, etc. An average of around 1100-1800\$ per person is required. MyEverestTrek Gokyo Trek's price is only \$999, including food, transportation, guide, porter, and permit costs. It's cheaper than the classic [Everest Base Camp Trek](#).

The cost of Lukla to Gokyo Ri for Independent trekkers can be divided into the following Categories.

Transportation cost: A flight from Kathmandu to Lukla costs around 180\$ per person one way. If you have plenty of time, taking a bus to Jiri from Kathmandu is another option that charges around 15-20\$. Helicopters to Gokyo charge you more as compared to local buses or jeeps.

Cost of food and drinks: In Kathmandu, it costs less than in Gokyo Valley. You have many options to choose from, and it costs around 5-10\$.

But at a higher altitude, you have to pay higher for the food as lower options. For single meal costs around 6-7\$ up to Namche, and as you go higher, the meal cost becomes more expensive. A single water bottle can cost around 2-3\$.

Cost of accommodation:

Around 5-7 \$ per bed per night

Cost of guide and porter: A trip without a guide and porter saves around 20-25\$ per day. But hiring a guide and porter is crucial for you, as they help you navigate and identify mountains, peaks, and monasteries you pass through. You can have the option to hire a porter-guide, one who does work as a guide, and a porter.

Everest Gokyo Trek Permit

First and foremost, you need your visa to Nepal (except for Indians). You can get a one-month Nepal Travel Visa at TIA for \$40 (Free for SAARC countries and Chinese). To go Gokyo Ri trek, you must receive two trek [Permits to Everest](#): the regional government and the national parks issue.

Local area permit

Earlier, the Nepal government issued TIMS (Trekking Information Management System) cards for trekkers in Kathmandu. However, after 2018, the permit has to be replaced by a local area permit that can be issued in Lukla. After landing at Lukla airport, the officers ask for your visa and photo to give you the paper immediately. The Gokyo Trek permit costs \$20, and you need to carry it throughout the journey. This Gokyo Lakes trek permit for the local area goes for the promotion of tourism on Everest.

Sagarmatha National Park Entry Permit

At the entrance of Sagarmatha National Park, you must issue another permit for the Gokyo trek. This National Park is home to the Gokyo Lakes and Mount Sagarmatha, along with much unique flora/ fauna. The 30 USD + government tax you pay goes for nature conservation. It's money well spent. Our agency arranges all the permits while you enjoy the entire journey.

These are:

1. A local area permit costs around 2000 Rs per person
2. Sagarmatha National Park entry permit, which costs about 30 \$ including VAT

Please see our Everest Gokyo Ri trek Blog below.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the

package has to be discouraged).

- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map

TIBET

Everest Trekking Map



Contact Us

Head Office

Saat Ghumti Marg 3, Kathmandu 44600, Nepal

Email: info@myeveresttrip.com

Skype: [myeveresttrip](https://www.skype.com/name/myeveresttrip)

WhatsApp +9779851069558

Daniela Schiopu

Romania, Germany, Italy

WhatsApp +40721971479

Taiwan

Salik KC / 〇〇〇

Xinyi Road, Sec-2, Taipei City

Cell: [+886-909439712](tel:+886-909439712)

United Kingdom

Eddy Cota

WhatsApp: +447521762520

My Everest Travels & Tours is a Government recognized and registered Travel Agency. Reg:
64831/066/067