



Everest Gokyo Lake Trek / Gokyo Ri Trekking - Itinerary

1. Arrival in Kathmandu (1,300m/4,264ft)

Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will welcome you in the airport and then transfer you to your hotel. At evening we will give you short briefing and further details of the trip program. Overnight stay in hotel

2. Kathmandu: Sightseeing and Trek Preparation

After breakfast visit World Heritage Sites in the Kathmandu Valley which includes Swayambhunath Stupa / Monkey Temple, Bauddhanath Stupa and Pashupatinath Temple. Overnight stay in Hotel breakfast included

3. Kathmandu – Lukla Flight (30 min) & Lukla – Phakding Trek (866ft., 2640m.): 3 - 4 hours

We take a flight from Kathmandu to Lukla for about 40 minutes. The scenic flight over the beautiful mountainous city offers the amazing views of stunning mountains. Arriving at Lukla, we meet Sherpas' here and porters before heading off towards Phakding. The porters' loads are organized here, in Lukla. Now, trekking towards Phakding our journey passes through amazing alpine forests and settlements of Sherpa people. Walking downhill with the bank of Dudh Khoshi River, takes us to a large stream called Kusum Drangka. Then crossing the stream first, we pass the river Dudh Khoshi and finally reach Phakding. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Phakding – Namche Bazaar trek (3440m., 11319ft.): 5 – 6 hours

Namche Bazaar is the main administrative and trading centre for the Khumbu region. So, here you can see the people engaged in different occupations for their living. After crossing the bridge we enter into the Sagarmatha National Park in Monjo village. Here we get a chance to explore many species of endangered animals. Along with magnificent forests of blue pine, fir, juniper and rhododendron trek to Namche offers the first view of Everest; it helps you to control the anticipation of the thrilling journey. Namche is the heartland and main touristic hub of Khumbu region. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Acclimatization in Namche Bazaar

To adopt with the altitude and new surrounding we acclimatize in Namche Bazaar. We spend the day by enjoying the scenes of mountains and sunrise and sunset in Khumbu Peak. We can hike up to Khumjung village where we get to explore the Sherpa Museum. In Sherpa Museum, we can get a chance to observe the Sherpa culture along with history. You can observe all the old Sherpa art facts in this museum. During hiking up the trail, we observe monasteries and the beautiful Hat Bazaar as well. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Trek to Phortse Thanga (3680 meters) - 5 hours

Phortse, one of the valleys in Khumbu region is a farming land with large settlement of Sherpa people. Here we get a chance to explore the daily living style of Sherpa people with their traditional norms and values. Passing through the path full of rhododendrons and Yak kharkas, we begin to gain altitude and pass through the coniferous forest along with juniper trees before we reach to Phortse Thangs. You can find majority of people working as guide from Phortse. We walk up the stone stairs, exploring marvelous views of mountains. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Trek to Machherma (4470 meters) -5 hours

This 5 hour trek leads uphill to Cho Oyo, from here we can see beautiful Kengtenga valley. After that descend to river and climb steep to the moraine of Ngozumpa glacier. Walking along the riverside we pass beautiful rhododendron forests, streams, waterfalls and wild habitats and reach Tongba village. To reach Maccherma, we pass the same Dole, Labarma and Luzzza village. Trek to Maccherma offers the dramatical landscapes views. Crossing the green pastures, we get to observe the stunning views of mountains like Kyojo Ri and Maccherma. Walking along the riverside we pass beautiful rhododendron forests, streams, waterfalls and wild habitats. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Trek to Gokyo (4790 meters) -5.30 hours

Following the lama footprints, we trek to Gokyo which is surrounded by Mountains. We cross the second lake Longponga (4690m) and arrive to Gokyo after crossing a boulder-strewn path at the edge of third lake. Trail to Gokyo Lake is not so much hard climbing a ridge we get an excellent views of mountains like Cho-Oyu, Kantega, Cholatse and Panga . Before climbing up to the glacier, Ngozumpa we descend down to the bank of river. Now steeply climb up to the moraine takes us to the lower lake at 4650m and upper lake at 4690m. Thus, passing these lakes taking 4 to 5 hours, we reach at Gokyo Lake 4790m. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Trek to Gokyo Ri (5483m.) and then Back to Gokyo -5 hours

Now we climb up to the narrow and little difficult path to reach Gokyo Ri at an elevation of 5483m. This place truly is rewarding as we can get super great view of Gokyo Valley and Khumbu Himalays such as Everest, Lhotse, Nuptse, Makalu, Cho-Oyu, Makalu, Tabuche, Tawachee, Gychung Kang and many more. Now having the dramatical views of these excellent 7 highest peaks, we get back down to the fascinating Gokyo Lake. Following the same trail, through amazing lush green forests filled with rhododendron flowers, we also observe the wild habitats of Himalayan region. Reaching at Gokyo, we rest our beautiful moments at the edge of the lake. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Trek to Dole (4200 meters) 6 hour

We return through the same route of Rhododendrons and Yak kharkas to give continuity to our trip. We pass the Gokyo Lake with the spectacular views of mountains Cholatse, Taboche, Cho-Oyu, Thamserku and many others. We slowly cross the small river streams after reaching at a stupa. Passing through the tiny villages of Gyele, Maccherma, Luza, Labarma and Tongba we finally arrive at our today's destination; Dole. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Trek to Dole (4200 meters) 6 hour

Today we trek to Namche Bazaar, pass the Phortse Tenga. And again from Phortse Tenga to Mong La Danda. During the trail we get the excellent views of mountains like Thamserku, Ama Dablam, Taboche and

Kangtega. The trail from downward the hills offer us the best views of Khumbila Peak as well. Khumbila peak is also refers as the “God of Khumbu”. Following the route of Khumjung village we get a chance to closely observe the daily living style of Sherpa people with their unique traditional norms and values. Again we get to refresh our memory and once again visualize the scenery once we had left behind and reach Namche Bazzar. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Trek to Lukla (2804 meters) 6 hours

This will be our last trek and today we will be trekking to Lukla to catch our flight to Kathmandu. We trek back the rocky trail, passing the tiny Sherpa settlements and suspension bridges. We will spend the day by sightseeing around Lukla with marvelous views of Lhotse and Nuptse. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Morning flight to Kathmandu from Lukla -35 min

In the morning we take flight back to Kathmandu and once again enjoy the scenic valleys and terrains full of beautiful mountains view and locations.

14. Leisure day in Kathmandu

You can visit around Kathmandu and take a day off to enjoy the historic city or do some shopping. Join Sunrise Adventure Treks; provide you an evening meal with cultural program.

15. Transfer for your final flight and departure.

A representative from Sunrise Adventure Treks takes you to the airport before 3 hours of your departing time. Or you can join another trip with Sunrise Adventure Treks and Tour.

INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekkin
- Govt. trained guide and necessary no.of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)