Gokyo Ri Trek

Duration: 14 Days | Location: Everest Region, Nepal



Trip at a glance

Category: Everest Region

Location: Everest Region, Nepal

Duration: 14 Days

Difficulty: 4/10

Trip Style: Gokyo Ri Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 5,357 m

Group: Min-1, Max 20

Summary

Gokyo Ri Trek is one of the best trek to view the Highest mountains including 8000m.Gokyo Ri lies in the elevation of 5357m.west side of Ngozumpa glacier.

Overview

Trip Introduction

Gokyo Ri Trek is one of the best trek to view the Highest mountains including 8000m+ in the Everest region. This trekking starts from famous airport of Lukla. This is one of the best trekking to do in Everest region. The trek starts from Phakdig and Namche Bazaar. 12 days trekking itinerary of Gokyo Ri is less crowded tourist comparing with Everest Base camp trek. There are other trekking route that we can do in Everest region i.e. Everest Base camp Trek, Kala Pathar , Gokyo Ri etc.

It is better to have good acclimatization day while you hike up to High altitude to prevent the sickness. There will be one day acclimatization in Namchee Bazaar. Next day we will hike up to Phortse enjoying the good views of Dudhkoshi and rhododendron flowers.From Gokyo RI we can have a good and closer view of Mt. Everest, Lhotse, Makalu, Cho Oyu etc. We can do this trek in another route too from Everest base camp Trek. Once we finish Everest base camp then we can do Gokyo trek passig Cho la 5420 m. Makalu Trek. Ghorepani Poon Hiil Trek

Gokyo Ri lies in the elevation of 5357 m in the khumbu region of Nepal Himalaya. It lies in the west side of Ngozumpa glacier, is the largest glacier of Nepal and Gokyo lakes lies at the elevation of (4,750 m). From Gokyo RI we can have a good and closer view of Mt. Everest, Lhotse, Makalu, Cho Oyu etc. We can do this trek in another route too from Everest base camp Trek. Once we finish Everest base camp then we can do Gokyo trek passig Cho la 5420 m. Makalu Base Camp Trek

We provide this Yoga course for the first three mornings in Kathmandu , during which we offer short sightseeing tours of Kathmandu in the afternoon. After that you will relax in beautiful lake town of Everest for a couple of days.

View photo on the trip page

Day by day itinerary

Trip Itinerary

Day 01: Arrive in Kathmandu (1300 m/4264 ft).

Day 02: Fly to Lukla (2,800 m/9,184 ft), trek to Phakding (2,652 m/8,700 ft): 3 – 4 hours.

Day 03: Phakding to Namche Bazaar (3,440 m/11,283 ft): 5 – 6 hours.

Day 04: Namche Bazaar: acclimatization.

Day 05: Namche Bazaar to Phorse (3810 m/ 12,496 ft): 5 – 6 hours

Day 06: Phorse Village to Machhermo-(4,470 m/ 14,663 ft): 5 – 6 hours.

Day 07: Machharmo to Gokyo (4800 m/15,744 ft): 5 – 6 hours.

Day 08: Gokyo Valley: Climb Gokyo Ri (5357 m/17,570 ft) and hike to fifth lakes: 5 – 6 hours.

Day 09: Gokyo to Dole: 3 – 4 hours Day 11: Dole to Namche Bazaar: 4 – 5 hours.

Day 10: Namche Bazaar to Lukla: 6 – 8 hours.

Day 11: Fly to Kathmandu.

Day 12: Final departure.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- All land transfer, arrival, and departure as per the itinerary.
- Flight from Kathmandu to Lukla Both way.
- Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.Food during

the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges.

- English speaking experienced & professional trekking guide license holder.
- All necessary trekking related permit including TIMS, National Park Entrance fee, and ACAP Fee.
- Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter. Necessary kitchen utensils.

Exclusions

- Lunch and dinner while in Kathmandu or in Pokhara stay.
- Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.
- Hard and any form of soft drinks.
- All confectionary and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.
- Tips and Gratitude for Guides and Porters according to ca ustom of trekking in Nepal.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.

- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.

- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)

- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 14 Days.

Group Size: Min-1, Max 20.

Trekking Region: Everest Region.

Trip Type Name: Gokyo Ri Trek.

Highest Altitude of the trek: 5,357 m.

Highest Point: Gokyo Ri Trek (5,357 m)

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

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Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234
megamounttreks@gmail.com | megamounttreks.com

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