



Gokyo Valley Trek

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Transport: Private Vehicle / Aeroplane

Food: Breakfast + Lunch + Dinner

Accommodation: Lodge to lodge

Max Elevation: 5360m



When someone says Nepal is a trekker's paradise, they indeed don't lie. The country is overflowed with natural beauty, which never fades. It has unique topography and remarkable landscapes that are best explored on foot. And during the Gokyo Valley trek, you get to experience these at once.

Nepal has excellent walking trails that are willing to take hikers on an adventurous journey.



One of these many hikes is Gokyo Lake, a trek that comes with extreme adventure, magnificent scenery, and incredible experience.

Visitors trekking Gokyo can learn [about the culture \(https://www.marveladventure.com/people-and-culture-of-the-everest-region\)](https://www.marveladventure.com/people-and-culture-of-the-everest-region), lifestyle, and traditions of different ethnic groups living here, primarily Sherpas. They can visit the fascinating towns all the way up to Gokyo and even engage in one of their cultural activities or social gatherings.

Gokyo Lake is considered one of the best trekking destinations in northeastern Nepal. It's usually at the top of many trekker wish lists, given the magnificent view and iconic landmarks. A total of around **98 km** of trek starts from Lukla and waves through forests and valleys to arrive at Gokyo.

Gokyo valley trek passes several villages and traverses through forested terrains full of rhododendrons and pines. The trail has multiple suspension bridges to cross, and trekkers will have to walk over the rocks and boulders to arrive at the valley.

Walking trails meander through the tropical forest home to Himalayan Tahr, musk deer, and snow leopards. Its route follows the bank of Dudh Koshi River and takes a few switchbacks before gaining elevation.

They have to travel through remote settlements like Dole and Machhermo to get to the village. The view of Gokyo Ri stretches from the Ngozumpa Glacier, which we have to travel. It also provides the sight of nearby Sherpa Villages and serene glacial lakes.



The trek from Machhermo to Gokyo is short but challenging, with rugged trails. It's unpaved and full of rocks and boulders, which makes it difficult to walk over. The climb to Gokyo RI is equally challenging, following steep rocky trails and glacial moraines.

The Gokyo valley trek is strenuous but worthwhile as it rewards trekkers with a mesmeric view of Lhotse, Makalu, and Cho Oyu. Trekkers walking to the top will also get to enjoy the beautiful glimpses of six freshwater lakes.

Nested at **16,400 ft**, Thonak Cho is the largest lake in Gokyo Valley. Lying nearby Dudh Pokhari, Gyazumpa Cho, and Tanjung Cho. Generally, they all feed on the seepage of Ngozumpa Glacier.

Check our **similar packages**: [Gokyo Renjo La Pass Trek \(https://www.marveladventure.com/gokyo-renjo-la-pass-trek\)](https://www.marveladventure.com/gokyo-renjo-la-pass-trek) , [Everest Base Camp - Cho La Pass - Gokyo Trek \(https://www.marveladventure.com/everest-base-camp-cho-la-pass-gokyo-trek\)](https://www.marveladventure.com/everest-base-camp-cho-la-pass-gokyo-trek)

Highlights

- Glorious mountains peaks such as Lhotse, Makalu, Cho Oyu, and others
- Hike through the scenic forests of Sagarmatha National Park
- Exploration of wildlife habitats, birds, and natural vegetation
- Picturesque Sherpa towns of Lukla and Namche
- Serene glacial lakes of Gokyo, including Thonak, Dudh Pokhari, and
- Iconic landmarks and religious sites
- The spectacular sight of Khumbu Icefall
- Magical sunrise view over Gokyo Ri

Day to Day Itinerary

Day 01: Kathmandu to Lukla flight. Then trek to Phakding (2,650 m / 8,562 ft.)

Day 02: Phakding to Namche (3440m)

Day 03: Acclimatization Day at Namche

Day 04: Trek from Namche to Dole (4200m)

Day 05: Trek from Dole to Macchermo (4470m)

Day 06: Trek from Machhermo to Gokyo Lake (4790m)

Day 07: Hike to Gokyo-Ri (5,357 m) and Trek down to Dole

Day 08: Dole to Namche Bazaar

Day 09: Namche Bazaar to Lukla

Day 10: Early flight back to Kathmandu

Cost Includes

- Airport pick up and drop
- All Domestic flights and airport tax as listed in the itinerary
- Standard meals (breakfast, lunch and dinner) during the trek
- Government license holder guide
- A strong and helpful porter with proper equipment (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- Fresh fruits every night after dinner
- TIMS (Trekking Information Management System) card
- Pasang Lhamu Rural Municipality entry permit
- Sagarmatha National Park entry permit
- Comprehensive first aid kit with oximeter

- Government taxes and official expenses

Cost Excludes

- International Airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- All the expenses of personal nature
- Any kind of drinks and desserts during the trek
- Tips for guide and porter (Tipping is expected)