



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**
SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Gokyo Trek

Duration: 15 days
Difficulty: Medium to hard

DoT No. 1888
NRB No. 1573/021
PAN No. 601340433
NMA. AM#1171, TAAN
Govt. Regd No. 115217

Travel time: Can be freely chosen
Group size: Private Trek

Quick Trip Facts

Altitude: 5360m
Season: Spring/Fall/Winter
Accommodation: Teahouse

Everest busy? Have a do Gokyo incredible alternative, which climbs the valley to the west of Everest to the valley of Gokyo & five sacred lakes on the marine beside the Ngozumpa Glacier.

The Gokyo Trek is one of our favourite treks and we'd be delighted to help you explore this impressive region in Nepal.

The trek to Gokyo is the surprising jewel of the Khumbu. Make a trip to Gokyo if you found Everest is busy. This trip is as high as the Everest Base camp and offers similarly jaw-dropping scenery and the trails are less crowded, the lodges quieter. The view of the North Face of Everest is more extensive and whole airy panorama captivation. The trail follows the Everest Base Camp route as far as Sanasa, above Namche Bazaar, and then branches off the main valley to follow the Dudh Koshi its source - a series of emerald-green lakes along the moraine of the Ngozumpa Glacier. The Valley of the Dudh Koshi from Dole to Gokyo unlocks its secrets slowly. Beside the largest of these lakes in a valley of snow peaks, the great mass of Cho Oyu and secretive Gyachung Kang sparkle at the head of the valley. Picture-Postcard turquoise lakes sit serenely below these icy bastions. Gokyo village is a perfect destination than Gorak Shep, the trail is very well developed with comfortable and quirky tea houses along the way, not least because it is a proper Sherpa village, complete with huge herds of yaks. You will climb to Gokyo RI (5360mm) for heart-stopping view over Everest, Lhotse, Cho Oyu and Makalu and finally take the recently accessible Renjo La pass to Thame and thence to Thame.

The definitive Gokyo Trek, flying into Lukla. Enjoy the natural openhearted friendliness of the Sherpa people and glacial valleys into unparalleled scenery. Along the way, you will see some of the most impressive mountains, favourite of many visitors – Ama Dablam.

With Incredible Himalayan Sherpa Adventure, you'll not only be able to enjoy this unique landscape but you'll also have the chance to observe the traditions and rituals of the local Sherpa people. We put great emphasis on

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authentic experiences and our professional local guides will introduce you to their culture.

All our treks are often set-aside as non-public journeys - no massive, impersonal teams however tiny, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure trek to Gokyo. You can start Gokyo Trek from Sir Edmund Hillary path too Shivalaya via Jiri. The route is less-crowded and breathtakingly landscapes.

If you would like to overview Mt. Everest from certain distance and explore colourful Himalayan Sherpa villages, I recommend you to book **Everest Panorama Trek**. If you would like to reach at Everest Base Camp, I would like to recommend you to book **Everest Base Camp Trek**. If you are thinking to do trek in Khumbu's three high passes, have a book **Everest Three High Passes Trek**. If you want to commence the trip from low altitude, **Shivalaya** via Jiri route might be best option for you.

Is Peak Climbing your passion and dream?

Have a book any of these trips; **Island Peak Climbing, Mera Peak Climbing, Ama Dablam Expedition**. Book it with us and make your dream true.

Highlights:

- + Scenic Lukla flights
- + Explore Solukhumbu - the Sherpa heartland
- + Visiting Gokyo Lakes, RI and Gokyo Valley, Renjo La Pass
- + Extensive and whole airy panorama views of Ngozumpa Glacier, Cho Oyu,
- + Everest, Lhotse, Makalu from Gokyo

Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m/4429 ft.)

Flying into Kathmandu is a memorable experience with the Himalaya Spread out before you. After landed your flight in Tribhuvan International Airport in Kathmandu (1350m), our airport representative will be waiting for you with your name written on the placard. We welcome you by offering Tibetan scarf and transfer to the hotel in a private vehicle. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Included: Bed]

Overnight at hotel

Day 02; Kathmandu Tour (1350m/4429 ft.)

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Boudha, Pashupatinath. Return to hotel and trek preparation.

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[Included meals: Bed and Breakfast]
Overnight at hotel

Day 03; Scenic flight to Lukla & trek to Phakding (2610m/8563 ft.), 35min flight+4-5hr walk

We fly to Lukla. From here we walk northwards up the valley of the Dudh Koshi (Milk River). We descend from the small plateau, down into the forested valley. After a pleasant hike (3-4hr) we reach our destination Phakding (2,652m).

[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 04; Ascent to Namche Bazaar (3440m/11286ft.), 5-6hr walk

From here we follow the Dudh Koshi northwards. The trail will take us through magnificent forests of rhododendron, giant fir and magnolia. From Jorsale (2,805m), we cross the west fork of the river, the Bhote Koshi, and start the steep climb to Namche Bazaar. The trail offers us stunning views of nearby 6000m peaks. After about 5hrs we reach the Sherpa village and gateway to Everest Base Camp, Namche Bazaar (3440m).

[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 05; Acclimatization walk to Kunde (3840m/ 12598.43 ft.), Everest View, and Khumjung (3780m/ 12401.57 ft.), 3-4hr walk

We leave Namche and ascend to the Everest View Hotel. The hotel terrace offers splendid views of Everest and Ama Dablam. We continue the walk to the villages of Kunde and Khumjung, where we visit the Edmund Hillary hospital. Afterwards we return to Namche where we have a relaxed afternoon.

[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 06; Trip to Dole (4110 m/13,152 ft.), 5-6hr walk

We have a long day ahead with a prolonged up and down over progressively smaller paths. We first follow the Everest trail and then make a sharp left turn to a side valley. After a steep section, we reach the small village of Dole (4200m). From here you will see many Kharkas, summer 'settlements' used by the Sherpas to graze their yaks.

[Included meals: Breakfast+Lunch+Dinner]
Overnight at teahouse

Day 07; Trek continues to Machermo (4,470 m/14,663 ft.), 4-5hr Walk

Today we have a relatively short section ahead in order to moderate the ascent rate. We pass a few small settlements and you'll notice the landscape become increasingly barren. However great views to

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snowcapped peaks to the east and west open up. We soon reach Chortens and fluttering prayer flags on the outskirts of Machermo (4,470m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; Trek to Gokyo Lake (4800 m/15,744 ft.), 5-6hr walk

After leaving Machermo, a tremendous range of peaks to the north is revealed with Cho Oyu (8200m) and Gyachung Kang at the heart of it. We continue through Pangar and Na and then climb more steeply through boulder fields. Soon our journey brings us to the impressive and untouched Gokyo Lake.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 09; Climbing Gokyo RI (5360m), 6-7hr walk round

We leave the teahouse early in the morning (this time without the heavy backpack) and complete a steep ascent to Gokyo RI (5360m), a small hill to the north-west of the village offering a fantastic panorama. From the top of the hill we'll have some incredible views of Everest, Lhotse, Makalu, Cholatse, the Ngozumpa Glacier, Taboche, and of course Cho Oyu.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 10; Gokyo Lake to Lungden (4370m/14337.27 ft.) over Renjo La (5360m/ 17585.3 ft.), 6-9hr walk

We follow Gokyo RI trail and further turn south. Heading close to the lakeshores, the route is soon marked by cairns. It's not excessively steep, later beyond steeper rocky terrain the final push is tiring. Views from the Renjo La are unreal with Everest dominating the panorama. From here we follow descend trail & passing several Yak Kharkas and reach at Lungden.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 11; Lungden to Thame (3820m/ 12532.81 ft.), 4-5hr walk

Trek commence with descends to Marulung (4210m) continuing down the west side of the valley, our trail crosses the Langmuche Khola that drains from the Dig Tso. After we follow Bhote Koshi and climb to Thame. In Thame we visit monastery and surrounding en route. The day we can stop Namche rather Thame but we might miss beautiful monastery. Thame is a very traditional.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 12; Thame to Phakding (2610m/8563 ft.), 7-8hr walk

From here we begin trek with descends to the Bhote Koshi and crosses a steel box bridge at the end of canyon section carved by the river. Trail now

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climbs a little before setting into an easy downhill gradient, cross the Theban Khola and continue on a broad trail through pine forest all the way to Namche. From Namche, retrace our steps down to Phakding. Alternatively, you can extend the trip and continue to the **Rolwaling Tashi Laptse Pass Trek (5780m) from Thame** or if you would like to experience peak climbing then **Pharchamo (6187m) Peak Climbing** with only a few additional days necessary.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 13/14; Descent to Lukla 2840m/9317.585 ft.) & Kathmandu (1350m/4429 ft.), 3-4hr walk+35min

We retrace our steps from day 03. Although the path is all downhill, the unrelenting slope places a strain on the knees and trekking poles will come in handy. We take frequent stops where we can have a relaxes tea. Alternatively, if you would like to experience peak climbing then **Mera Peak (6470m) climbing** with 12 days' additional days necessary.

[Included meals: Breakfast+Lunch+Dinner & Bed and Breakfast in Ktm]

Overnight at teahouse & hotel in Ktm

Day 15; Departure from Kathmandu (1350m/4429ft.)

A representative of IHSA will drop off you at the airport by private vehicle

[Included meals: Breakfast]

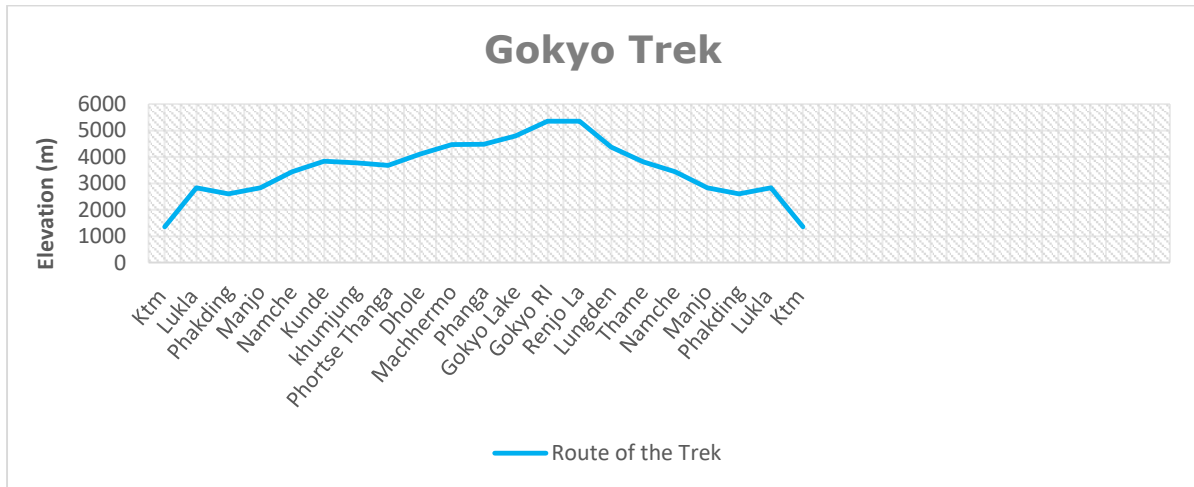
Supplementary time

The flight from Kathmandu to Lukla significantly reduces the journey time compared to the trek via Jiri (which we also offer). The flight is the shortest and most popular way of gaining access to the region but the mountain weather is notoriously unpredictable and sometimes even during the best part of the season, flights are delayed or postponed for one or more days. We can also arrange for a Helicopter charter from Kathmandu to Lukla instead but this adds significant extra cost. We highly recommend that you take potential delays into account and allow for an extra day in Kathmandu. You can use your extra time here in Nepal by doing many exciting activities like rafting, jungle safari, Rock Climbing, Mountain flights or simply enjoy the bustling streets of Kathmandu.

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Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 15 days Gokyo Trek
- + Guide and porter services
- + Food throughout the trip
- + round trip flight tickets
- + Airport pick up & drop off personally. For details see below.

Price: ~~USD1235~~ per person with group size of 2
USD1195 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.

Price: ~~USD1395~~ per person with group size of 2
USD1345 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please contact us for details.

Trek Duration:

Standard itinerary – 15 days. Can be shortened or extended depending on time and fitness.

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Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu as per the itinerary [upgrade possible]
- + Private trek with an English speaking government licensed and ministry of tourism trained trekking guide with meals, accommodation, salary and insurance
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + Flight from Kathmandu to Lukla and return
- + Full board meals (Breakfast+Lunch+Dinner/main course) during the trek
- + Accommodation during the trek in carefully selected teahouses as per the itinerary
- + Everest National Park Entry Permit for all members
- + Pasang Lhamo Municipality Collect
- + Duffel bag and trekking map (Duffel to be returned after trip completion)
- + First aid medical kit carried by the guide
- + Necessary paper works, all government and local taxes
- + Complimentary welcome or farewell dinner in Kathmandu with host family

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porters
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

Additional Options:

+ Additional porter: 180 USD [15 USD per day]

We plan with one porter per 2 clients. If you require additional support, you can book an additional porter for the trip to lighten your load.

+ Hotel upgrade in Ktm: [65 USD for 4* hotel, 95 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to via Cho La Pass or if you would like to climb peak then **Island Peak** or **Mera Peak** for you rather than return to Lukla, this can also be arranged.

Trip Related Information

Trekking Day

The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides

The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation

Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food

On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also

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encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage

Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping

It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance

Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues

Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness

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of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues

AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature

At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a Nice trip...

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