Sherpa Nomad Trek
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Gokyo Valley Trek - 14 Days

GOKYO LAKE TREK: AN ALTERNATIVE ROUTE TO THE EBC TREK

The **Gokyo Valley Trek**, also known as the Gokyo Lake Trek, offers an alternative trekking experience to the **Everest Base Camp Trek**. Situated beneath Gokyo Ri (5357m), this trek is surrounded by the snow-capped peaks of the Khumbu region and the Ngozumpa Glacier, which is the largest glacier in Nepal and is renowned as the largest in the entire Himalayas. The Gokyo Valley wetland system comprises 19 distinct bodies of water, ranging from small ponds to expansive alpine lakes. Among these, six main lakes are officially recognized as the primary Gokyo Lakes, located at altitudes ranging from 4,700 to 5,000 meters. These six lakes are Longpongo (First Lake), Taboche Tsho (Second Lake), Dudh Pokhari (Third Lake), Thonak Tsho (Fourth Lake), Ngozumpa Tsho (Fifth Lake), and Gyazumpa Tsho (Sixth Lake).

Gokyo Lake, a pristine turquoise body of water, offers stunning views of the glacial lakes and the breathtaking surroundings. The hike to Gokyo Ri provides unparalleled vistas of the world's highest peaks, including Mount Everest, Lhotse, Makalu, and Cho Oyu, all of which exceed 8,000 meters in height. The Gokyo Trek is central to the Khumbu region, connecting the Everest Base Camp, Chola Pass, and Namche via the Renjola Pass. It is important to note that the Gokyo Valley Trek is often considered an underrated route, offering tranquility and exceptional views of the highest mountains from Gokyo Ri (5357m), a perspective not available from any other location in the Everest region. Book your Gokyo Valley Trek with the leading local company, Sherpa Nomad Trek Pvt. Ltd., and enjoy a professional, premium package that guarantees an authentic experience, creating memories that will last a lifetime.

Commence your **Gokyo Valley Trek** with a scenic flight to Lukla, then trek to Namche Bazar (3440m), followed by Dole, Machermo, and Gokyo Lake (4790m). This expedition presents stunning views of the world's tallest mountains, the Himalayan landscape, glaciers, extensive vegetation,

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Sherpa villages, and a variety of flora and fauna. A significant highlight of the Gokyo Valley Trek is Gokyo Ri (5357m), which offers rare perspectives of the highest mountains and the beautiful Gokyo Valley. After relishing these hidden gems, you will return to Namche, Lukla, and ultimately Kathmandu.

COST OF 14 DAY GOKYO VALLEY TREK FOR 2026-2027

The price for the 14-day Gokyo Valley trek varies between USD 900 and 1500 per person, depending on the group size and the services included in the package. Costs may fluctuate based on factors such as group size, service level, duration, and the overall standard of the package offered. Sherpa Nomad Trek Pvt. Ltd. is the premier local expert company, led by professional Sherpas and guides. With us, you can choose from a variety of packages that range in cost based on the services provided, from budget options to luxury experiences tailored to your preferences. This 14-day Gokyo Valley trek is comprehensive, covering everything from arrival to departure, including accommodation in Kathmandu, flights between Kathmandu and Lukla, local professional guides and Sherpas to assist with your heavy bags, permits, mountain accommodations, meals in the mountains, and all necessary paperwork and logistical arrangements as outlined in the inclusions and exclusions section. Our packages cater to solo travelers, couples, small groups, friends, and larger groups. Please note that if you travel in a group, the cost per person will be lower than for solo travelers, allowing you to enjoy the journey with friends and create wonderful memories together. Below is the cost breakdown for the Gokyo Valley trek based on the number of travelers.

- For solo travelers, the cost of the Gokyo Valley Trek is USD 1400.
- For a group of 2-6, the cost of the Gokyo Valley Trek is USD 1350 per person.
- For a group of 7-10, the cost of the Gokyo Valley Trek is USD 1300 per person.

HIGHLIGHTS OF GOKYO VALLEY TREK IN NEPAL

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- Experience an exhilarating flight from Kathmandu to Lukla.
- Discover the enchanting Sherpa villages, including Lukla, Phadking, Namche, Dole, Machermo, and Gokyo.
- Gain insights into the inspiring Sherpa culture and their way of life.
- Appreciate the rich vegetation, flora, and fauna found in Sagarmatha National Park.
- Delve into Tibetan Buddhism and its monasteries.
- Explore the Gokyo Valley, home to 19 distinct lakes.
- Ascend Gokyo Ri (5357m), the most picturesque viewpoint in the Khumbu region.
- Witness breathtaking views of Mt. Everest, Makalu, Lhotse, and Cho Oyu.
- Uncover the hidden treasures of the Everest region.
- Marvel at Nepal's largest glacier, the Ngozumpa Glacier, recognized as the biggest glacier in the entire Himalayas.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu**

Day 2: **Preparation Day in Kathmandu**

Day 3: **Kathmandu to Lukla (2860m) flight for 30 minutes and 3 Hours Trek to Phakding (2610m)**

Day 4: **Trek from Phakding to Namche Bazar (3440m): 5-6 hours**

Day 5: **Rest Day in Namche Bazar : Option for Everest View Hotel (3880m): 5-6 hours**

Day 6: **Trek from Namche Bazar to Dole (4200m): 6-7 hours**

Day 7: **Trek from Dole to Machhermo (4470m): 5-6 hours**

Day 8: **Trek from Machhermo to Gokyo (4800m): 5-6 hours**

Day 9: **Rest Day in Gokyo : Option for Gokyo Ri -5357m Hike, best vantage point of Mt.Everest**

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Day 10: **Trek from Gokyo to Dole (4200m): 6-7 hours**

Day 11: **Trek from Dole to Manjo (2835m): 6-7 hours**

Day 12: **Trek from Manjo to Lukla (2860m): 5-6 hours**

Day 13: **Flight from Lukla to Kathmandu (1350m)**

Day 14: **Departure / Next Trip**

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PRICE INCLUDES

- International Airport Pick-up & Drop-off service
- 3 Nights Kathmandu Accommodation (Ramada Encore) with complimentary breakfast
- Kathmandu/ Ramechhap- Lukla - Ramechhap/ Kathmandu by plane
- Domestic Pick-up and Drop-off by Private/shared Jeep
- 11 Nights Mountain Accommodation at Lodge
- All the Trekking Permits (National Park Fees, and Pasang Lhamu Rural Municipality Fees)
- A professional English-speaking Local Guide
- Two guests: One porter is available for your heavy luggage; please be aware that the maximum weight allowed is 20kg in total.
- Guide and Porter related expenses such as Salary, meals, insurance, gear, and accommodations.
- 3 cups of Tea or coffee every day
- Mountain Meals (breakfast, Lunch, & Dinner)
- Organic fresh fruit, nuts, and energy bars
- Gears such as a sleeping bag, Map and a duffel bag
- Baggage storage facility and first Aid service.
- Farewell Dinner after the trip completion.

PRICE EXCLUDES

- Nepal Visa Fees
- Travel Insurance for clients
- Meals in Kathmandu (Lunch & Dinner)

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- Drinks (Drinking Water, Soft & hard Drinks, Extra Hot Drinks)
- Wi-Fi, a hot shower, and personal expenses
- Kathmandu -Ramechha-Kathmandu by Car: 200$ per Car
- Kathmandu to Lukla Shred Helicopter- USD350 per person
- Gorakshep to Lukla by Shared Helicopter- USD600 per person
- Lukla to Kathmandu by Shared helicopter- USD350 per person
- Tips for Diver, Guide, and Porter
- Kathmandu sightseeing with entrance, car, and Guide: USD80 per person
- Extra Day in trek: USD 70 per person per day
- Extra Night in Kathmandu: USD90 per night for single and USD110 per night for Double/ Twin.
- Trekking Gears and personal equipment
- Extra Days due to adverse weather conditions.
- Rescue fees and Medical related expanses - suggest having proper travel insurance for the evacuation.

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 2–3 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 3–4 pairs of quick-dry underwear
- 3–4 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

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- Buff or neck gaiter & Lightweight and warm gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)

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