

Gokyo Lake Trek

URL: <https://himalayan360.com/trip/gokyo-lake-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu/Kathmandu

Trip Type

Trekking in Himalaya

Route

KTM-Lukla-Namche-Gokyo lake-Lukla-KTM

Duration

13

Destination

Everest Region, Nepal

Language

Everest Region, Nepal

Per Person From

USD 1,200

Region

Everest Region

Max. Altitude

5,357m/17,575ft

Group Size

1 - 30

Best Season

Feb, Mar, Apr, May, Jun, Sep, Oct, Nov & Dec

Activities

6hr walking

Trek Distance

88.7 km/55 miles

Transportation

Flight | Jeep

Accommodation

lodge | 3-star hotel

Meals

All Meals (Breakfast, Lunch & Dinner) during the trek

Difficulty

Strenuous

Major highlights of Gokyo Lake Trek

- Walk through one of the stunning destinations of the Everest region, Gokyo Valley.
- Stunning sunrise and sunset views from the vantage point of Gokyo Ri.
- Traverse the less-crowded and tranquil trails through Sagarmatha National Park.

- Witness diverse Himalayan flora and fauna of the less-traveled section during the journey.
- You will visit a beautiful Sherpa settlement in Gokyo Valley, located beside the third Gokyo Lake.
- Explore the untouched Gokyo Valley and its six turquoise lakes.
- Take a challenging yet rewarding hike to Gokyo Ri (5,357m).
- From the top of Gokyo Ri, enjoy mesmerizing views of Mount Everest, Lhotse, Nuptse, Cho Oyu, Makalu, Cholatse, Taboche, and others.
- Witness and trek beside the largest glacier in Nepal, the **Ngozumpa Glacier**.
- Learn about the folklore and local myths at Macchermo, where locals share stories.
- Climb Gokyo Ri and cross the Cho La Pass.

13 Days Gokyo Lake Trek day by day Itinerary

Day 01: Arrival in Kathmandu

A representative from **Himalayan 360** will greet you at the **Tribhuvan International Airport in Kathmandu**. After welcoming you warmly, they will take you to your hotel. You will have some time for refreshments. In the evening, we will hold a brief meeting about the trek and check the trek equipment. After that, you are free to take a walk around the city.

Highest Altitude:

1,400m/4,593ft

Meals:

No meals included

Accommodations:

3 Star Hotel

Day 02: Fly to Lukla from Kathmandu or Ramechhap Airport and then Trek to Phakding

On the second day, you will take an early morning flight to **Lukla from Kathmandu**. It is a **35-minute flight** that will offer you the first glimpse of the Everest region's landscapes and shining mountain views. You can also fly from *Manthali Airport, Ramechhap*, to Lukla to avoid air traffic from Kathmandu. For this, you must first take a **5 to 6-hour drive** to Ramechhap. The flight takes only 20 minutes from Manthali Airport to Lukla Airport, aka Tenzing Hillary Airport.

It is a thrilling experience to land at an airport surrounded by mountains and famous as the gateway to the main Everest region. After arriving at Lukla, the main trail of the Gokyo Lake trek, you will meet with your guide and porter. Our trek starts from here onwards, and our destination for the day is *Phakding*. It is a relatively short and easy hike, following the walkway alongside the **Dudh Koshi River**. We will stay overnight at Phakding.

Distance:

3 hours

Ascent:

176m/577ft

Descend:

389m/1,275ft

Highest Altitude:

2,860m/9,383ft

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.3kms

Day 03: Trek to Namche Bazaar (3,440m/11,286ft) from Phakding

The next day, we will have a yummy breakfast while enjoying the scenery at Phakding. Then, we will follow the route alongside the Dudh Koshi River again. En route, we will cross several suspension bridges, including the **Hillary Suspension Bridge**. We will also travel via beautiful Sherpa villages. At *Monjo*, we will come across the **Sagarmatha National Park** entrance. There is a checkpoint where we must show our permits.

The pathway now enters the national park through dense pine forests as we cross the *Jorsalle village*. We will continue climbing uphill with a few descents. Finally, a six-hour walk from Phakding takes us to Sherpa Capital, Namche Bazaar. The picturesque village offers us our first glimpse of **Mt Everest**.

Distance:

5-6 hours

Ascent:

1,090m/3,575ft

Descend:

290m/951ft

Highest Altitude:

3,440m/11,286ft (Namche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.8kms

Day 04: Acclimatization Day at Namche. Hike to Hotel Everest View (3,860m/12,664ft)

On this day, we will acclimatize in order to make us familiar with the environment at the higher altitudes. You can explore the area, know about the history and experience the culture of Sherpa community.

Distance:

5-6 hours

Ascent:

420m/1,378ft

Descend:

420m/1,378ft

Highest Altitude:

3,860m/12,664ft (Everest View Hotel)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

4kms

Day 05: Trek to Dole (4,110m/13,484ft) from Namche Bazaar

We will wake up early and enjoy breakfast with a view before resuming our **Everest Gokyo Lake Trek**. From here onwards, the pathway begins to ascend to Dudh Koshi Valley. The mesmerizing mountain view will accompany us throughout the journey. After trekking on a winding path for a while, the journey begins to descend through rhododendrons and pine forests from *Kayangjuma*. Then, we will reach a section separating the trail of **Everest Base Camp and Gokyo Valley**.

We will take a route on the left leading us to Gokyo Valley. The walkway begins to ascend to *Mong La Pass* and **Mong Village**. The small village of Mong offers beautiful scenery of mountain vistas, Tengboche, and more. We will enter the section through dense rhododendron forests and vegetation as we continue moving forward. Similarly, we will also see several cascading waterfalls and bridges. Finally, we will reach *Dole village* from Namche after walking for 6 hours and covering a distance of 11.3km. Overnight at Dole.

Distance:

6 hours

Ascent:

1,254m/4,115ft

Descend:

647m/2,123ft

Highest Altitude:

4,110m/13,484ft (Dole)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.3kms

Day 06: Trek to Machhermo (4,470m/14,665ft) from Dole

The route from *Dole* will continue to ascend from here onwards. We will continue our journey after breakfast at Dole. The scenery around us begins to change as we trek forward. The flourishing green vegetation will change into a highland alpine meadow. Similarly, we will climb across a ridge and pass by temporary settlements, such as *Lhabarma and Luza*.

We also enjoy spectacular mountain vistas and the view of Nepal's largest glacier, **Ngozumpa Glacier**. As we continue trekking, we can see the Dudh Koshi Valley below. After hiking for a while, we will arrive at **Machhermo village**. It is a small but beautiful settlement, and a stream from *Kyajo Ri* and Phari Lapche flows from here. We will rest at Machhermo tonight.

Distance:

5 hours

Ascent:

411m/1,348ft

Descend:

76m/249ft

Highest Altitude:

4,470m/14,665ft (Machhermo)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

5.3kms

Day 07: Trek to Gokyo (4,790m/15,715ft) from Machhermo

Today is the highlight day of our trek. We will begin by ascending a ridge that offers a gorgeous view of *Kangtega*. The hike goes uphill through a narrow valley before getting up to a wider one. Then, we will descend towards the Dudh Koshi River. We will make a steep uphill climb to the Ngozumpa Glacier, and the first main lake of the Gokyo Lake system (Longponga) will come into view. The beautiful lake draws your attention, but we will continue moving forward as more beauty lies ahead.

Walking for a while, we will come across the second lake, Taboche Tsho. We will continue trekking and come across the third Gokyo Lake, known as Gokyo Cho or Dudh Pokhari. From here, we can get a stunning view of **Mount Cho Oyu**. Covering 7km and 5-hour duration of your trek, you'll get to Gokyo Valley from Dole. We will stay overnight at a teahouse in the valley.

Distance:

5 hours

Ascent:

371m/1,217ft

Descend:

0m/0ft

Highest Altitude:

4,790m/15,715ft (Gokyo Lake)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7kms

Day 08: Acclimatization day - Hike to Gokyo Ri (5,357m/17,575ft)

On this day, we will take our second acclimatization day at Gokyo. We will take a short three-hour hike to **Gokyo Ri (5,357m)**. Gokyo Ri is an incredible vantage point that offers a stunning view of the snow-capped peaks and landscape of the Everest region. You can get **spectacular views of Mount Everest, Lhotse, Nuptse, Cho Oyu, Makalu, Gyachung Kang**, and more from the top of Gokyo Ri.

After our short excursion to Gokyo Ri, we will descend to Gokyo Valley. You can also take an excursion to the fourth and fifth lakes, namely Thonak Tsho and Ngozumpa Tsho. From the fifth lake, Ngozumpa Tsho, you can get a crystal clear view of Nepal's longest glacier, Ngozumpa Glacier. Overnight at Gokyo Valley.

Distance:

3 hours

Ascent:

584m/1,916ft

Descend:

584m/1,916ft

Highest Altitude:

5,357m/17,575ft (Gokyo Ri)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

3.4kms

Day 09: Trek to Dole (4,110m/13,485ft) from Gokyo

We will enjoy breakfast while taking in the peaceful atmosphere and spectacular scenery of **Gokyo Valley**. Then, we will say goodbye to the beautiful valley and its turquoise-colored lakes. We will return our steps to *Machhermo* and then to *Dole*. It is mostly a downhill climb as we pass familiar settlements and scenery. We will spend the night at a teahouse in Dole village.

Distance:

7 hours

Ascent:

71m/233ft

Descend:

774m/2540ft

Highest Altitude:

4,790m/15,715ft (Gokyo Lake)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12.2kms

Day 10: Trek to Namche Bazaar (3,440m/11,286ft) from Dole

The pathway continues to descend on this day as well. We will have to make a short uphill climb from *Phortse Thanga* to *Mong La Danda*, which takes around 40 minutes. The walkway eases up from here as we pass by *Kyanjuma* before reaching Namche Bazaar. We will stay overnight at Namche. With spare time at hand, you can explore the town and the marketplace for souvenirs.

Distance:

7 hours

Ascent:

485m/1,592ft

Descend:

802m/2,631ft

Highest Altitude:

4,110m/13,485ft (Dole)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.3kms

Day 11: Trek back to Lukla from Namche Bazaar

We will continue descending downhill from Namche, following the route alongside the Dudh Koshi River. As we retrace our steps, the mountain views slowly recede into the distance. We will cross several Sherpa settlements, terrace farms, suspension bridges, and diverse landscapes. After descending for a while, we will reach Lukla, our final destination for the day. This will be our last day in the Everest region, so you can explore and enjoy the scenery fully. Overnight at Lukla.

Distance:

6 hours

Ascent:

672m/2,205ft

Descend:

1,246m/4,088ft

Highest Altitude:

3,440m/11,286ft (Namche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

17.2kms

Day 12: Flight back to Kathmandu or Ramechhap Airport from Lukla and same day drive back to Kathmandu

We will say goodbye to the beautiful Everest region and your crew on this day. We will take a flight back to **Kathmandu** or **Manthali Airport**, Ramechhap. If you fly to Ramechhap, you will drive back to Kathmandu on the same day. Once you arrive in Kathmandu, our team will assist you with transferring to your hotel. We will hold a farewell dinner in the evening to honor our successful Gokyo Valley Trek. You can also share your experience with us. After dinner, you can take your time shopping for souvenirs or enjoying Kathmandu's nightlife.

Distance:

2,860m/9,383ft (Lukla)

Meals:

Breakfast and Dinner

Accommodations:

3-Star Hotel

Flight Hours:

35 mins flight from KTM or 5-6 hrs drive & 20 min flight from Manthali.

Day 13: Transfer to the International Airport for your Final Departure

It is the final day of our **13-day Gokyo Lake Trek**. Two hours before your scheduled flight, our representative will help you transfer to Tribhuvan International Airport, Kathmandu. We hope your time with us was enjoyable and memorable. Thank you for choosing us, and have a safe flight back!

Meals:

Breakfast

Gokyo Lake Trek Includes/Excludes

Cost Includes

- Kathmandu - Lukla - Kathmandu Flights
- KTM-Ramechhap-KTM sharing vehicles (if needed)
- 2 Night Kathmandu 3 star hotel (sharing basis BB plan)
- 10 Night in mountain tea house lodge (sharing basis)
- **Food:** 12 Breakfasts, 10 Lunches, 11 Dinners
- Government-licensed English-speaking local trek leader for 16 days
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality fees
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Trek leader for more than 12 trekker groups
- Staff insurance, salary, equipment, food & clothing.
- **MEDICAL KIT:** Comprehensive Medical kit.

Cost Excludes

- International flight
- Extra transfer which is not mentioned in itinerary.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra night during Trekking

- Porter to carry bags (2:1porter)
- Nepal visa fees
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,710
2 - 2	USD 1,385
3 - 6	USD 1,280
7 - 12	USD 1,275
13 - 20	USD 1,230
21 - 30	USD 1,200

Gokyo Lake trek Frequently Asked Questions

How long is the Gokyo Lake Trek?

The Gokyo Lake Trek is usually 10 to 14 days long. Trekkers can customize the duration to best suit their schedules and requirements. Since the Gokyo Lake trek is a strenuous one, trekkers must consider their fitness level and choose an itinerary that suits them best. Similarly, they must be careful about high-altitude risks and take the necessary acclimatization days.

Do you need a guide for the Gokyo Lake Trek?

You need to hire a licensed trek guide for the Gokyo Lake Trek. As of April 2023, the new trekking rule update has made it mandatory to hire a licensed guide for trekking in Nepal. The rule applies to all 44 trekking regions of Nepal. Hiring a guide helps ensure the safety of trekkers, enhances the experience, and makes the journey more comfortable.

How to go to Gokyo Lake from Kathmandu?

You must take a flight from Kathmandu to Lukla and then trek to Gokyo Lake, as there is no direct roadway or flight connecting the two places. You can also take a flight from Manthali Airport, Ramechhap, but you must drive from Kathmandu for this option. Another option to get to Gokyo from

Kathmandu is via helicopter, but it is expensive.

What is the significance of Gokyo Lakes?

Gokyo Lakes are culturally and religiously significant. They are sacred to Hindus and Buddhist devotees alike. Hindus believe that Nag Devta (Snake God) resides in the lake. The lake's western part also has Vishnu and Shiva temples. Similarly, there are several colorful prayer flags and chortens around the lake. Hundreds of devotees visit Gokyo Lakes during the Janai Purnima festival.

Is there a risk of altitude sickness during the Gokyo Lake Trek?

The Gokyo Lake Trek is a high-altitude trek with a maximum altitude of 5,357 meters above sea level, which poses a risk of altitude sickness. Trekkers must also be aware of symptoms of altitude-related sickness. They must take proper precautions and acclimate to the environment during the journey. It is crucial to minimize the risk of altitude sickness.

Lakes Around the Gokyo Valley

There are 6 Gokyo lakes in the Gokyo valley, located between **4,700 and 5,000 meters** above sea level. These lakes are also part of the world's highest freshwater lake system. They are famous for their turquoise-colored water. These six Gokyo Lakes are as follows:

- **Longponga Tsho**

The first lake you will encounter during the Gokyo Lakes is *Longponga*. It sits at an altitude of **4,710 meters** above sea level. Although smaller than other lakes in the Gokyo system, it has the iconic mesmerizing turquoise-colored water. You can see sacred stones around the lake, which locals believe were left by *Lamas*. During winter, it often freezes, enhancing its serene and icy allure.

- **Taujung Tsho**

The second lake you will come across is the *Taujung Tsho*. It is located near Longponga Tsho and sits **at an elevation of 4,728 meters** above sea level. The lake has deep blue water that creates a grand scenery. It covers a surface of **41.9 meters or 16.95 hectares**. This lake offers a stunning view for travelers as they head deeper into the valley. It opens up a wider and more scenic look at the Gokyo region.

- **Gokyo Tsho**

The third lake you will see during the Gokyo Lake trek is the Gokyo Tsho. It is also famously known as *Dudh Pokhari*, meaning "Milk Lake." The lake sits at an altitude of **4,734 meters** and covers a surface area of **106 acres or 42.9 ha**. Gokyo Tsho is the most popular of the six lakes and is located near the Gokyo Valley. The lake holds deep spiritual significance for both Hindus and Buddhists, who consider its waters to be sacred. Pilgrims gather here during religious festivals.

- **Thonak Cho**

The fourth lake in the Gokyo Lake System is *Thonak Cho*. It is the largest lake in the system, covering a surface area of **160.8 acres or 65.07 ha**. Similarly, Thonak Cho is also the deepest lake, with a **depth of 62.4 meters**. This beautiful turquoise lake sits at an elevation of **4,834 meters**. This lake is a little away from the main trekking trail, so it feels quieter and less crowded than the first three lakes. Its peaceful

setting makes it feel more natural and untouched.

- **Ngozumpa Cho**

Ngozumpa Cho is the fifth and smallest lake in the Gokyo system. It is located **4,950 meters** above sea level and has a surface area of **35.6 acres or 14.39 ha**. Ngozumpa Cho is also an excellent viewpoint and offers spectacular views of **Mount Everest, Lhotse, Lhotse Shar, Nuptse, Pumori, Ama Dablam, Cho Oyu, Makalu, and Baruntse**. The lake receives its water from the Ngozumpa Glacier, which is close to the Gokyo Valley.

- **Gyazumba Cho**

The sixth and final lake in the Gokyo Lake system is the *Gyazumba Cho*. It is at an altitude above **5000 meters** and is closely associated with the Ngozumpa Glacier. Gyazumba Cho Lake covers an **area of 72 acres or 19 ha**. Very few people visit this lake because it's far and hard to reach. But those who do are rewarded with a quiet, untouched place surrounded by snow and ice.

Everest Base Camp & Gokyo Lake Trek Route

The **Everest Base Camp Trek via the Gokyo Lake** route allows you to experience the best of the **Khumbu region**. You will journey through the classic main section to **Mount Everest's base camp** and walk into the quiet trails to Gokyo Valley. EBC Trek offers a stunning and close view of Everest and other surrounding vistas. It traverses the peaceful trekking pathways to the enchanting Gokyo Lakes.

The journey begins with an exciting flight to Tenzing Hillary Airport, Lukla. During the trek, you will hike through Sherpa villages like the **Namche Bazaar, Dole, Machhermo, Tengboche, Dingboche, Gorak Shep**, and more. First, you will take a remote section to the Gokyo Lakes region. You will hike to Gokyo Lakes and the Gokyo Village. Likewise, you will climb Gokyo Ri for magnificent views of the mountains and the lakes.

Then, you will follow in the footsteps of numerous Everest expedition teams, including **Sir Edmund Hillary and Tenzing Norgay Sherpa**. Along the way, you will cross suspension bridges, valleys, rivers, the Khumbu Glacier, and Khumbu Icefall to reach Everest Base Camp. The Everest route takes you to Kala Patthar (5,644m), the highest point on the journey. You will witness an amazing sunrise view with towering mountains, including Mt. Everest, in the background from **Kala Patthar**.

The trek to Everest Base Camp and Gokyo Lake is a challenging journey. However, it will satisfy any adventurer. The journey connects you with raw nature and its awe-inspiring beauty. The view of the snow-capped mountain will leave you speechless. Meanwhile, the peaceful lakes will leave a mark on your memory and spirit.

Why Should You Trek to Gokyo Lake with Himalayan 360?

Himalayan 360 is a Nepal-based adventure company with 10 years of experience in the field. We are government-registered under the **Nepal Tourism Board**. But that is not the only reason you should choose us. Here are some benefits of choosing our services:

- We offer a range of tours, treks, peak climbing expeditions, and other outdoor activities in Nepal, Bhutan, and Tibet.
- You can create a personalized itinerary with the help of our expert travel consultant.

- We prioritize providing a safe, enjoyable, and hassle-free traveling experience.
- Our team members consist of professional and expert staff and guides. All our guides have proper licenses and medical backgrounds.
- You can book multiple packages, including trekking, sightseeing tours, jungle safaris, rafting, excursions, and other extended tours.
- Himalayan 360 organizes fully responsible treks, tours, and activities. We follow responsible tourism practices to minimize the negative impact on the environment and avoid disrupting the locals' lives.
- You won't have to worry about hidden charges when booking with us. We have clear trip policies and costs for hassle-free booking. Leave everything to us and just focus on enjoying your dream trip.

A Typical Day on the Gokyo Lake Trek

Your typical day during the Gokyo Lake Trek begins early. You will have breakfast and leave the accommodation between 7 and 8 a.m., depending on your destination for the day. The average trekking hours per day are around 6 hours. Our guide and porter will accompany you throughout the journey.

You will take a lunch break around midday. You will rest for an hour before continuing the journey. En route, you will have numerous opportunities to take photos, enjoy the scenery, and savor local cuisine. Usually, the afternoon treks are shorter than the morning ones. So, you will arrive at your destination before it gets dark. The dinner will be served around 6 or 7 p.m. You can refresh yourself, rest, or wander around in your remaining time until dinner.

After dinner, the guide will provide a brief overview of the next day's journey. If you have any questions, please don't hesitate to ask your guide. Then, you can chat, watch movies, or play cards or games. You can also learn the Nepali language and greetings with the help of your guide. Yet, we suggest you sleep in early, as you will need to wake up early. A good sleep helps to recharge your energy.

Gokyo Lake Trek difficulty

The Gokyo Valley Trek is a challenging journey that requires a reasonable level of health and fitness. There are no technical sections, but you must travel through the remote and off-beat paths. Similarly, numerous steep uphill and downhill climbing sections are on narrow sections. Likewise, you will trek on loose, rocky, rugged, and diverse terrains, adding to the trek's difficulty. The average trekking hours per day are 6 hours. Therefore, trekkers must have reasonable physical and mental fitness to overcome these challenging routes.

Moreover, the high altitude also makes the trek physically demanding. You will ascend from the lower region to the trans-Himalayan region. It can get physically exhausting as you climb up and down steep and rough terrains. The highest point of the Gokyo Valley Trek is 5,375 meters (17,575 feet). Trekkers may experience symptoms of altitude sickness, such as headaches, nausea, and shortness of breath, which can quickly become serious without proper precautions. Likewise, the walkway also becomes more demanding in higher areas due to the rough terrain and thin oxygen levels in the atmosphere.

Besides this, due to the remote and rural location, the routes of the Gokyo Lake Treks are less visited and lack proper infrastructure. In higher regions, internet or phone signals may be limited. The accommodations are also basic, with beds, blankets, and pillows. So, there is a chance that trekkers will feel cut off from the rest of the world. While some trekkers may find the isolation peaceful, some may feel stressed and segregated. Moreover, sometimes unforeseen activities may occur, which can further mentally challenge trekkers.

To conclude, the Gokyo Lake Trek is a strenuous journey that will test your physical and mental limitations. Adequate preparation and the right trekking gear are necessary for the journey.

Is the Everest Gokyo Lake Trek Right for You?

The Everest Gokyo Lake Trek is a stunning adventure that is suitable for both first-time and experienced trekkers. However, whether the trek is right for you depends on factors like health, fitness, preference, and budget. It is ideal for those who want to escape the busy life and enjoy the raw nature.

Gokyo -Lake Trek offers an opportunity to traverse the lesser-known and quiet route of the Everest region. You will trek through diverse landscapes, including rivers, waterfalls, glaciers, and moraines. As the trekking paths lie within the Sagarmatha National Park, you get to observe diverse plants, trees, vegetation, and animals. You may also see rare wildlife species. Similarly, the stunning view of Everest, Nuptse, Lhotse, Makalu, and Cho Oyu is visible throughout the journey. The views are even more grand from the viewpoint of Gokyo Ri.

If you love challenges and are seeking a thrilling adventure, the Everest Gokyo Lake Trek is the ideal choice. Similarly, the trek is great for naturalists, cultural explorers, photographers, and peace seekers. However, the trek is not an easy walk in the park. It is a 13-day journey. You must trek steep uphill and downhill trails for 6 hours a day. Likewise, you must overcome the demanding sections and high altitudes for a rewarding experience.

Can We Trek to Everest Gokyo Lake Without Permits?

Sadly, No. You cannot trek to Everest Gokyo Lake without permits. You need two mandatory permits called **the Khumbu Pasang Lhamu Rural Municipality Entrance Permit** and the **Sagarmatha National Park Entry Permit**. There are several checkpoints along the trekking route where you must show them. Trekking without a permit will result in a heavy penalty.

Khumbu Pasang Lhamu Rural Municipality Entrance Permit

First, you must obtain a local permit, the Khumbu Pasang Lhamu Rural Municipality Entrance Permit. The trek is in the Everest or Khumbu region, and the routes access the Pasang Lhamu Rural Municipality. All treks in the Khumbu region require a local permit. The local government introduced this new permit on **October 1, 2018**, replacing the **TIMS (Trekking Information Management System) Card**.

The Khumbu Pasang Lhamu Rural Municipality Entrance Permit costs **NPR 2000** per person for the first four weeks. After four weeks, the cost increases to **NPR 2500** per person. The permit cost is the same for both SAARC and non-SAARC residents. Trekkers can obtain the permit in Kathmandu or at Lukla.

Sagarmatha National Park Entry Permit

Another mandatory trekking permit for the Gokyo Lake Trek is the Sagarmatha National Park Entry Permit. The pathways pass through the Sagarmatha National Park, which is also a **UNESCO World Heritage Site**. It is home to hundreds of unique flora and fauna and features a rare ecosystem; overtourism can have a negative impact on it. The entry permit helps to regulate tourism in the area and preserve it.

The permit price is different for SAARC and non-SAARC residents. It costs **NPR 1500 per person for**

SAARC residents and NPR 3000 per person for non-SAARC residents. Children under the age of ten will get free entry. Trekkers can obtain this national park entry permit in Kathmandu or at the Sagarmatha National Park entrance gate in Monjo.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal