Discovery World Trekking



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Gokyo Ri Trek - 11 Days

11 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1200
per person, for 2 to 3 people

Made on 27 November 2026

https://dev.discoveryworldtrekking.com/trips/gokyo-ri-trek







This trek in the Sagarmatha National Park takes you to Gokyo Ri mountain (5,350m/17,562ft) on a rough path passing desolate jungles, high-altitude settlements, and several suspension bridges. It is especially famous for the views of turquoise Gokyo lakes, the world's largest glacier - Ngozumpa Glacier, and some of the world's tallest mountains - including Everest (8,848m/29,028ft), Cho Oyu (8,201m), Mount Lhotse (8,516m), and Mount Makalu (8,463m). If you have completed classic Everest Treks, this trek should provide you with a different experience.

TRIP FACTS

Destination	Nepal
Grade	Challenging
Accomodation	Hotel/Lodge/Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec
Activity	Everest Treks
Max. altitude	5,430m Gokyo Ri
Activity per day	Approximately 4-6 hrs walking

PRICE

US$ 1200

per person, for 2 to 3 people

The full price is US$ 1550. You save US$ 350 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1200
4 to 9	US$ 1130
10 to 19	US$ 1080

Meals included	All Meals (Breakfast, Lunch & Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights of Gokyo Lakes Trek

- One of the world's highest airports in Syangboche (3,780m)
- Explore the culture and lifestyles of the local Sherpa people
- Mt. Everest (8,848m) Mt. Lhotse (8,516m), Cho Oyu (8,201m) and Mt.Makalu (8,463m)
- Explore Sagarmatha national park - UNESCO World Heritage Site
- Prayer wheels, colorful flags, mani stones, high suspension bridges
- Wide range of flora and fauna
- Wildlife like musk deer, colorful pheasants, snow leopard, and Himalayan tahr
- Gokyo Valley and Gokyo Lakes (4,700–5,000m)
- Khumjung Monastery- said to house a yeti-scalp
- Stone houses and meadows around Gokyo Valley
- Astounding panoramic views from Gokyo Ri (5,350m/17,562ft)

Gokyo Ri Trek Overview

The Gokyo Ri Trek offers an unforgettable Himalayan adventure that leads you into the lesser-traveled Gokyo Valley, where pristine turquoise lakes mirror the surrounding snow-capped peaks. This trek is an ideal alternative for those who want to experience breathtaking mountain vistas without joining the classic Everest Base Camp route, which is often crowded. Along the way, you'll enjoy a rich blend of cultural experiences and alpine exploration, making it perfect for adventurers seeking natural beauty and authentic local interaction.

As you travel along the western side of the Khumbu region, the route follows the winding Dudh Koshi River, revealing a mosaic of lush valleys, terraced fields, and dense forests. A standout feature of this trek is the Gokyo Lake system—six emerald lakes among the world's highest freshwater bodies—set against the dramatic backdrop of the massive Ngozumpa Glacier. From the summit of Gokyo Ri, you'll be rewarded with a unique 360° panorama that frames four majestic 8,000 m peaks: Everest, Lhotse, Makalu, and Cho Oyu.

The journey begins with a scenic flight from Kathmandu/Manthali to Lukla, followed by a gentle ascent from Phakding to Namche Bazaar, where an acclimatization day allows for local exploration and cultural immersion. Departing from the main Everest trail, you trek toward Dole and Machhermo before reaching the charming Gokyo village, nestled beside the third Gokyo lake. Along this segment, the blend of traditional Sherpa hospitality and awe-inspiring glacier landscapes creates a compelling narrative of Nepal's hidden gems.

The adventure culminates with a pre-dawn ascent of Gokyo Ri, where witnessing the sunrise over the Himalayan giants offers one of Nepal's most spectacular mountain panoramas. After spending a few magical moments on the summit, you descend via Dole and back through Namche to Lukla. This trek perfectly balances challenge with reward, providing an intimate and less-crowded glimpse into the towering majesty of the Himalayas.

Day to Day Short Itinerary

Day 1 Flight from Kathmandu/Manthali to Lukla. Flight time: Approx 40 min from KTM/20 min from Manthali. Trek to Phakding (2,650 m). Trek time: Approx. 3 hrs.

Day 2 Trek from Phakding to Namche Bazaar (3,440 m). Trek time: Approx. 6 hrs.

Day 3 Rest day to acclimatize at Namche Bazaar.

Day 4 Trek from Namche to Dole (4,200m). Trek time: Approx. 5 hrs.

Day 5 Trek from Dole to Machhermo (4,470m). Trek time: Approx. 5-6 hrs.

Day 6 Trek from Machhermo to Gokyo (4,790m). Trek time: Approx. 4 hrs.

Day 7 Rest day to acclimatize at Gokyo. Early morning summit of Gokyo Ri. Trek time: Approx. 1-1.5 hrs.

Day 8 Trek from Gokyo to Phortse (3,950m). Trek time: Approx. 6 hrs.

Day 9 Trek from Phortse to Namche Bazaar (3,440m). Trek time: Approx. 6 hrs.

Day 10 Trek from Namche Bazaar to Lukla (2,850m). Trek time: Approx. 6-7 hrs.

Day 11 Fly back to Kathmandu/ Manthali from Lukla. Flight time: Approx. 40 min for KTM/20 min for Manthali. Drive time: Approx. 5 hrs from Manthali to KTM

Gokyo Ri Trek Itinerary

DAY 1

Flight from Kathmandu (1,400m / 4,593ft) to Lukla (2,850m / 9,350ft) Trek to Phakding (2650m/ 8562ft)

Trek Distance 6.2km / 3.8miles Flight hours 40-minute Highest Altitude 2,850m / 9,350ft

Trek Duration 3 hours

We start with a **40-minute flight to Lukla,** followed by a 3-hour walk to **Phakding**. From Lukla, we trek to Chaurikharka village and descend to Dudh Koshi Ghat (2,530m). After crossing the Dudh Koshi River and trekking through gorgeous landscapes, you will reach Phakding (2,650m). The short and refreshing day allows you to acclimatize at an increased altitude. Phakding is the starting point for the Everest trek, and it has everything from gear and lodging shops to cafes and restaurants. In your spare time, you can visit the famous **Rimishung Monastery.**

Overnight stay at Khumbu Travel Lodge (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Trek from Phakding (2,650m / 8,562ft) to Namche Bazaar (3,440m / 11,285ft)

Trek Distance 11 km / 6.8 miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

A full day of trekking begins as we hike along the **Dudh Koshi River banks** crossing several suspension bridges decorated with prayer flags. The thrilling yet marvelous path will make your trek very delightful. After walking for a few hours, you will reach **Monjo Village.** Little ahead lies Sagarmatha National Park, where we register our permit and climb up the forest. From here, you will be able to get your **first glimpses of Mount Everest.** Through the woods and stone-paved way, you will finally reach Namche Bazaar, where you will rest for the night.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Rest day to acclimatize at Namche Bazaar

Today, we will take a break and **acclimatize to the thinning air.** However, you will not just be sitting idle. You will be wandering through the alleys of Namche as your body adjusts to the altitude. We suggest you treat yourself to bakery items from the famous bakeries in Namche.

You will also hike to **Sagarmatha National Park** and Khumjung (3,790m). People believe that the **Khumjung monastery** houses a **yeti scalp.** You will also be visiting **Hillary's School** and several old monasteries on your way to Khumjung. If you wish, you can hike to **Khunde** as well. As you return from Kunde, you will also be visiting the **local yak farm.**

A must-not-miss place is the **Syangboche Airport (3,780m**) - one of the highest airports in the world. If you want to see Everest some more, you can trek to **Everest View Hotel.**

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Namche (3,440m /11,285ft) to Dole (4,200m / 13,270ft)

Highest Altitude 4,200m / 13,270ft Trek Duration 5 hrs

The trail to **Dole** consists of many uphills and downhills. We descend till **Mong La Pass (3,957m)** before reaching **Phortse Thenga.** After Phortse, you will be passing through pine forests full of fascinating floras and faunas. As you trek forward, views of **Mount Amadablam (6,812m)** and **Mount Khumbila (5,761m)** emerge. Then we ascend to reach Dole. As you get closer to the destination, the views get stunning.

Overnight stay at Himalaya Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Dole (4,200m / 13,270ft) to Machhermo (4,470m / 14,450ft)

Trek Distance 4.5km / 2.7 miles Highest Altitude 4,470m / 14,450ft) Trek Duration 5-6 hrs

You will be passing by several trailside shrines and lots of prayer flags until **Lapahrma**. From Lapahrma, you can get an outstanding view of **Mount Cho Oyu (8,201m)** - the world's fifth highest mountain. Additionally, the views of **Mount Kantega (6,782m)** and **Thamserku (6,623m)** will not fail to mesmerize you.

Along the way, you will encounter **beautiful meadows with grazing yaks** - at the right season. While enjoying the picturesque views, you will walk through Luja Valley to reach the beautiful village of Machhermo.

Overnight stay at Lodge in Machhermo
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Machhermo (4,470m / 14,450ft) to Gokyo (4,790m / 15,584ft)

Trek Distance 5.7km / 3.5miles Highest Altitude 4,790m / 15,584ft Trek Duration 4 hrs

After days of ascending, we finally reach our destination - **Gokyo Village.** From Machhermo, we need to walk for about an hour to reach **Phanga**. Phanga has an area dedicated to the people who lost their lives in the landslides.

As you move ahead, you come across an iron bridge that leads to **Longpongo (4,690m) lake.** This lake indicates what is to come next. You will continue to traverse through the messy **Ngozumpa Glacier** moraines. Little ahead, you will witness a sequence of **Gokyo lakes** with unsurpassed beauty. The vibrant color combination of lakes and the Himalayas is beyond description. We stay overnight at **Gokyo Village.** With its blend of mountains, glaciers, and lakes, Gokyo village is nature's prized treasure.

Overnight stay at Thanka Inn
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Rest day to acclimatize at Gokyo. Early morning summit of Gokyo Ri (5,400m / 17,814ft)

Trek Distance 1.5km / 0.9miles Highest Altitude 5,400m / 17,814ft Trek Duration 1 & ½ hrs

One day in this enigmatic village of Gokyo Ri is not enough. So we have allocated one more day to soak in and marvel at the natural beauty of this village.

You will be hiking to **Gokyo Ri (5,430m)** to see the excellent panoramic views - including an astonishing glimpse of Mount Everest. The scenery is unquestionably stunning. Unlike the Everest Base Camp Trek, from Gokyo Ri, you can witness the **mighty Himalayas** and **beautiful turquoise lakes and glaciers** at once. After a nutritious lunch, you can explore in and around **Gokyo villages.** You will spend the rest of the day surrounded by the exceptional landscape in complete tranquillity.

Overnight stay at Gokyo Namaste Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Gokyo (4,790m / 15,584ft) to Phortse (3,950m / 12,959ft)

Trek Distance 15.5km / 9.6miles Highest Altitude 4,790m / 15,584ft Trek Duration 6 hrs

After an exciting journey to Gokyo Lakes, it is **time to return.** We bid goodbye to Gokyo Village and trek back to **Phortse,** past the dense forests full of rhododendrons blooming and pheasants flying according to season.

The descent is easier. So within a day, we will cover a distance that took us two days during the ascent. As you walk back, you will be reminiscing about various sights and spots that you passed before. We slowly lose the view of the Himalayas, but the ambiance is such beautiful and pure that you will enjoy our walk to the fullest.

Overnight stay at the best possible lodge/hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Trek from Phortse (3,950m / 12,959ft) to Namche Bazaar (3,440m / 11,285ft)

Trek Distance 9.1km / 5.6miles Highest Altitude 3,950m / 12,959ft Trek Duration 6 hrs

As we conclude our journey to Gokyo Lakes, **we head back to Namche** from Phortse. You will be walking past the dense forests, alive with animals like musk deer. The trail back is steep downhill, and your pace increases. From the path, you will enjoy the final views of Mount Everest while bidding farewell to the trek region. You will be resting at Namche on this day.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Namche Bazaar (3,440m / 11,285ft) to Lukla (2,850m / 9,350ft)

Trek Distance 13.5km / 8.3miles Trek Duration 6-7 hrs

Today you will be getting final up-close views of majestic mountains looming on the horizon. The trail is **mostly downhill** from Namche to Phakding. Our trek passes through small villages, narrow forests, and thrilling suspension bridges. We will finally reach Phakding after a gentle walk through Benkar. As we move ahead to Lukla, we further reach a small village called **Toktok**. Toktok provides unique views of the snow-capped mountains near it. Eventually, you will get to Lukla, where you will be staying overnight.

Overnight stay at Hikers Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Fly back to Kathmandu (1,400m / 4,593ft) from Lukla (2,850m / 9,350ft)

Flight hours 40 minutes

After breakfast, you will be taking an **early morning flight to Kathmandu.** Your flight from Lukla to Kathmandu will be a relaxing one as you rest your tired muscles. You will most likely be flooded with memories you created during the trek. Your trek ends in Kathmandu, and you will have an entire day to spend freely. If you want, we can organize a city tour of Kathmandu. As beautiful as the mountains, the culture around the city is a must-see before you call it an end to your vacation.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Domestic flight costs (Kathmandu – Lukla – Kathmandu) and airport departure taxes
- Private transportation to and from Kathmandu Airport and your hotel

Accommodations

- Total 10 nights at trek regions. Five nights at Lukla, Phakding, and Namche (3N), room with private attached bathroom. Five nights in standard rooms at Dole, Machhermo, Gokyo (2 N), Phortse (twin sharing room)

Food

- Standard full-board (main course) meals (11 Lunches, 10 Dinners, and 11 Breakfasts) during the trek
- Seasonal fresh fruits every day

Guide and Porter

- Government licensed English Speaking Discovery World Trekking trek leader. One assistant guide for a group of 12 or more. One porter for every two trekkers. The luggage weight limit per trekker is 9kg.
- Guide and porters' costs, their meals, insurance, salary, lodging, transportation, flight costs, and other necessary equipment.

Trek Permits and Expenses

- Khumbu Pashang Lhamu Rural Municipality fees.
- Sagarmatha National Park entry permit fee
- All government, local taxes, and other official expenses

Medical Assistance

- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - company's T-shirt & cap

Farewell

- Discovery World Trekking Trek appreciation certificate
- Farewell dinner at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommodations

- All accommodation in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek

Food

- All meals in Kathmandu, before and after the journey
- Extra night meals in Kathmandu due to early arrival or late departure, early return from the trek

Guide and Porter

- Tips for guide and porters

Visa

- Nepal entry visa fees at Tribhuvan International Airport

Travel Insurance

- Travel insurance which has to cover emergency high-altitude heli -rescue and evacuation (compulsory)

Personal Expenses

- Alcoholic, cold, hot (tea/coffee) drinks
- Personal clothing and gear

Other Expenses

- Excess luggage charges (limit is 9kg per trekker)
- Additional costs due to delays caused by circumstances beyond our control, for example, landslides, bad weather, illness, change in government policies, strikes, etc
- All the costs and expenses not listed in "What is included in Gokyo Lake Trek Package?" are counted as excludes

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing Checklist

We recommend you bring only the basic clothing and accessories for the trek. Though porters will carry your main luggage, we expect you to carry a small backpack for your valuables. Please note that the **luggage weight limit per trekker is 9 kg.** Although individual preferences may differ, here is an equipment list to help you pack for this trek. Since we provide a porter for every two trekkers, we advise you to find a trekking partner and pack both of your luggage in a backpack of over 60 liters.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

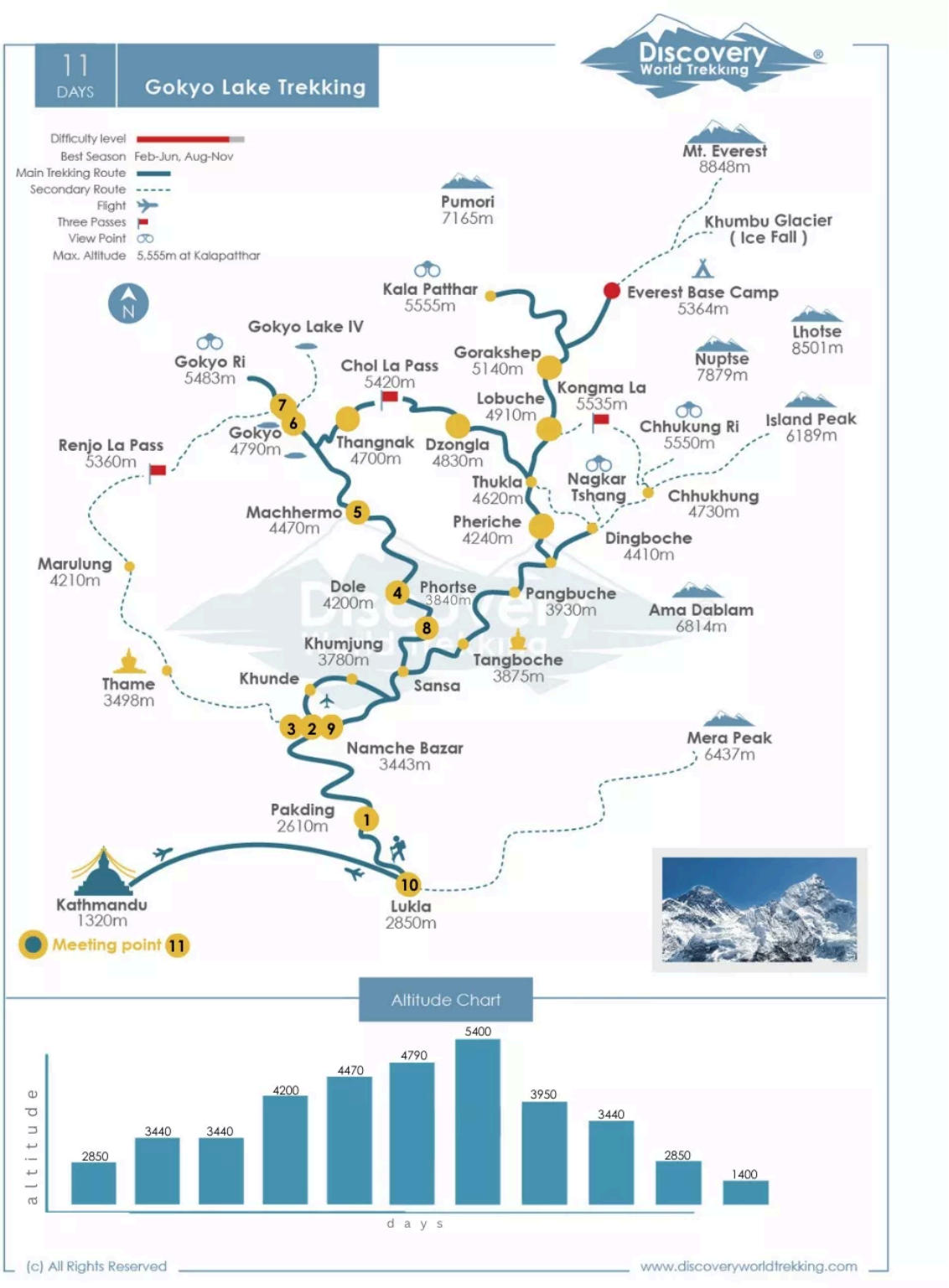
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own

Gokyo Ri Trek Map



Trip Notes

Gokyo Lakes trek in Nepal

You will arrive in Nepal, Kathmandu, at Tribhuvan International Airport. We recommend you make it to Kathmandu by 3 pm, at least a day before the trip departure date. It will ensure you have enough time for last-minute preparations. You may require an overnight hotel stay in Kathmandu, but this package does not include this package. On the trip departure date, we will take you to **Kathmandu airport for a flight to Lukla.**

Free airport pickup

Discovery World Trekking **provides free airport arrival and departure transfer** on any flight for the Gokyo lake Trek package. On your arrival, you will find our company representative at the airport holding a pamphlet with your name on it. They will present you with a marigold garland as a welcome gesture and then take you to your hotel in a private vehicle

Gokyo Ri Sagarmatha National Park Accommodation

Gokyo Ri Sagarmatha National Park trek is an 11-day trek that includes **ten-night lodge stays** at the best available lodges in the trek regions.

You will spend five nights at Lukla, Phakding, and Namche (3 N) in rooms with a private attached bathroom. Similarly, you will be spending five nights in standard rooms at Dole, Machhermo, Gokyo (2 N), and Phortse.

You will require two nights of hotel stays in Kathmandu before and after the trek, **but it is not included in this package.** Kathmandu has a wide range of hotels for all budgets and your interests.

Gokyo Lakes trek package - food

Gokyo Ri with Gokyo Lakes trek takes place in high elevations near the world's highest peaks. So, you will require plentiful hygienic nutrient-rich food. You will get enough nutritious food, but as you climb up, your choices get limited.

We will provide you with **11 breakfasts, 11 lunches, and 10 dinners** during the trek. All meals in the trek regions are on a full-board basis (breakfast, lunch, and dinner / main course).

Some of the popular menu items are:

Eleven breakfasts

- Oatmeal
- Corn Flakes
- French Toast with Jam
- Butter
- Cheese
- Honey

- Tibetan Bread or Chapati
- Hashed Brown Eggs
- Varieties of eggs (Omelets)
- Local Tsampa Porridge
- Pancakes
- Muesli
- Breads
- Fruits and Vegetables
- Hot Drinks - varieties of Teas
- Coffees
- Hot Chocolates

Eleven lunches

- Dhal
- Bhat & Tarkari
- Tibetan Bread
- Various Soup Items
- Tenduk
- Spaghetti Noodles
- Thukpa
- Pasta
- Vegetable Curry
- Potatoes
- Sherpa Stew
- Steaks
- Sandwiches
- Momo (Dumplings)
- Macaroni Dishes
- Salad
- Pizza (Tomato, Mushroom, Mixed)
- Snacks (Papad, Prawn)
- Dessert Items (Rice Pudding, Apple Pie)

Ten dinners

- Dal (lentils)
- Bhat (Rice) & Tarkari (Curry)
- Tibetan Bread
- Various Soup Items
- Sherpa Stew

- Steaks
- Vegetables
- Salads
- Sandwiches
- Momo (Dumplings)
- Macaroni Dishes
- Tenduk
- Spaghetti Noodles
- Thukpa
- Pasta
- Vegetable Curry
- Potato Items
- Pizza (Tomato, Mushroom, Mixed)
- Snacks
- Papad
- Prawn
- Korean Ramen
- Dessert Items (Rice Pudding, Apple Pie)

At high altitudes, we recommend liquids - green tea, lemon tea, hot lemon, ginger tea, **garlic soup (must)**, etc - along with fresh vegetables for health benefits.

Though plenty of non-veg items are available in trek regions, we won't recommend them because the meat in the trek regions may not be hygienic.

We highly encourage you to **avoid dairy items, alcoholic drinks, caffeinated items,** and **hot chocolates** at high elevations.

The menu includes mostly local, Asian, and Western cuisine, but as you go up, the menu gets shorter.

Best Time To Gokyo Ri - Gokyo lakes trek

Weather is the most important factor to consider when deciding Gokyo Ri trek. People trek to Gokyo Ri throughout the year, but there are some favorable seasons. **During spring and autumn, days are clear, there is no rain, and the temperature is just right, making the treks very enjoyable.**

The summer season in Nepal coincides with the monsoon, making the trails wet and slippery. Still, some trekkers, who love waterfalls, trek to Gokyo Ri during summer. Similarly, the trek regions receive heavy snowfall in winter, but a different breed of trekkers love challenging treks in winter.

Discovery World Trekking organizes treks to Gokyo Ri throughout the year.

Here is a month-by-month weather condition at high elevations of Gokyo in the Everest Region.

January to February

This is the coldest period, especially from early January to early February. There is heavy snowfall in the mountains, resulting in freezing temperatures. Though the daytime may be warm and admirable with clear skies, the nighttime is extremely cold. If you want to trek Gokyo Ri during this time, Discovery World Trekking will conduct safe treks during these months as well. However, if you are allergic to colds, you should not trek to Gokyo Ri during these months.

Temperature: 15°C to -15°C.

March to April

It is one of the best times to hike to Gokyo Ri. With favorable weather, you will get stunning views of the Himalayas and glaciers. March is the beginning of the spring season, and the weather starts to warm up. During these months, all flora and fauna dormant throughout the winter come back to life - feeding and breeding in the sun-kissed temperatures. Temperatures may start increasing from the mid of March, and with clear skies, snow mountains look stunning. Many trekkers prefer to trek to Gokyo Ri during these months.

Temperature: 18°C to -12°C.

May to June

Just before the rainfall starts, the weather is favorable for the treks.

Monsoon starts in Nepal from the end of June and lasts until the mid of August. The fusion of spring and summer seasons makes the treks much more enjoyable at this time.

Temperature: 25°C to -5°C.

July to August

The monsoon hits its peak at elevations below 3500 meters. Due to heavy rainfall, flights to Lukla may get canceled at the beginning or end of the trek. However, trekkers trek to Gokyo Ri during these months.

Treks are challenging but not impossible. If you choose to trek in these months, Discovery World Trekking will conduct safe hikes to Gokyo Ri for you. Due to rainfall, you can enjoy great views of waterfalls while avoiding crowded paths.

Temperature: 27°C to 5°C

September to October

It is one of the perfect seasons for the Gokyo Ri treks - hundreds of tourists hike to Gokyo Ri in these months. As the monsoon slowly ends, a perfect trekking season begins. The temperature goes up to 20 degrees in the daytime and falls to 5 degrees at night. This season is when trekkers enjoy trekking the most with clear skies and amazing views of mountains. We recommend Gokyo Ri treks during this time, usually from mid-September to the end. If you choose to trek during this period, you will also get to enjoy the festive mood in Nepal as two of the main festivals - Tihar and Dashain - fall during these months.

Temperature: 20°C to 5°C

November to December

As winter slowly sets in, snowfalls begin in the Himalayas, and it eventually gets tough to trek. Nights are frigid. November treks are possible with sparkling days allowing you to get amazing views of the high mountains. The daytime temperatures are very stable and constant. From December, the temperature dips, and it begins to snow heavily.

Temperature: -18°C to -10°C

Gokyo Ri Trip Grade: Fitness level and Health

The Gokyo Lakes trek in Sagarmatha National Park is a **challenging yet rewarding trek**. The hiking will be from 5 to 7 hours a day depending on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long climbs, steep descents, and forward trails in rocky paths and dense forests. **A normal fit person can complete this trek.**

However, **the fitter you are, the more you will enjoy the trek.** If you have trek experience, it will help, but it is not required. We do not recommend this trek to those who suffer from sensitive medical conditions such as heart or lung disease.

Trekking Solo or in Group

We organize the group as well as private treks. If you have your group, **you will get discounts based on the size of your group.** However, you are not eligible for discounts for groups we assemble.

We can lead and handle any group size. Each group will have a group leader/ guide and porters. We add an assistant guide for a group of 12 or more. Porters will carry your main luggage. For every two trekkers, we assign a porter.

A typical day on the Gokyo Ri | Gokyo Lakes Trek

Every day you will be rewarded with a unique trekking experience, **climbing, enjoying the scenery, taking photos,** and **exploring the local villages and traditional food.**

During the expedition, our qualified expert guide/Sherpas will accompany you. They will also be sharing information about the places you will be visiting. Porters will be carrying your luggage. However, you will also carry a small regular-day backpack with essential items.

The day starts with an early morning hot cup of tea/coffee. After a wholesome breakfast, you will set off on the **day's walk around 7 to 8 am**, depending on the duration and nature of the walk.

After trekking for three to four hours, we will serve you **lunch around midday** on the route to the next destination. You will get an hour to rest after lunch before restarting the trek. The afternoon trek will be shorter. Once you reach the destination, you can snack on dietary food. Then you can use the remaining tie to explore nearby places.

We will serve you **dinner around 6 to 7 pm.**

After dinner and before going to bed, you can indulge in friendly conversations. Your trek leader/guide will brief you about the next day's plan. After this briefing, you can **read books, enjoy onboard games like monopoly and cards, or watch available mountaineering documentaries**. Most foreigners indulge in light and fun learning of the Nepalese language from our crew.

How to Communicate during Trekking in Nepal?

During the Gokyo Lakes Trek, you can use **internet service at the lodges for a small fee.** At high altitudes, we will be using phones to communicate. **Discovery World Trekking remains in contact with all the trek groups at least once a day v**ia trek lead to ensure that everyone is safe and comfortable.

If you want, you can buy a local sim in Kathmandu, however, depending on the network, the signal might not be strong enough.

Extra personal expenses during the trek

Meals and accommodations in Kathmandu are up to our valuable clients themselves. Kathmandu has all kinds of hotels/lodges - both luxury & budget- to cater to all tastes. Further, you need to bring personal spending money to cover costs of meals and accommodations in Kathmandu, visa processing fees, travel insurance policy purchase, snacks, alcoholic, hot (tea/coffee) and cold drinks, and tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) and exchanging them in Kathmandu. Trek regions only honor Nepali Rupees.

Electricity and battery recharge, water on trekking

Throughout the trails to the Gokyo Ri, **electricity** for the camera and mobile recharge **is available** at an extra cost in all lodges. During the hike, you can **buy either packed mineral water** from local lodges and en route shops **or fill your water bottle with boiled water** from the lodges/teahouses for some extra cost. We can provide water purification pills to make water drinkable.

Gokyo Ri Travel insurance

This trek grade is challenging. So it comes with slight risks associated with high-altitude trekking, such as altitude sickness, bad weather, etc. So, **travel insurance is compulsory.** All trekkers must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking before starting the trek. The policy must cover medical and emergency repatriation - **including helicopter rescue and evacuation** expenses at the highest trek altitudes (up to 6000m).

We can recommend insurance companies to help you based on the experience of our previous clients, but we do not sell insurance policies.

We request our valuable clients to send their **detailed insurance information within a week of booking** the trek. In case of emergencies, we will be using the insurance policy and informational documents you sent us to arrange a quick and effective rescue operation, transfer for emergency medical help, etc.

Nepal Tourist Visa Information

All foreigners, except Indians, require a visa to enter Nepal. **Citizens from most countries get an on-arrival Visa at Tribhuvan International Airport.** To apply for a visa, you will need a passport with at least six months of validity, a passport-size photo, and a visa fee. The current visa fee is USD 50 for 30 days, which you can pay in cash (dollars) at the airport.

Citizens from **SAARC countries** (Bangladesh, Bhutan, Pakistan, Sri Lanka, and Maldives) **receive free visas.**

Citizens from certain countries - Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan - may not get an on-arrival visa. If you are a citizen from any one of these countries, contact your local Nepali embassy.

The Nepal government can change visa policies without notice. For the latest information, please visit - https://www.immigration.gov.np/.

Currency Exchange USD to NPR

Nepali Rupees (NPR/Rs) are the local currency.

(1 USD = ~ Rs.120 NPR Approx)

You can exchange most foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Legal money exchanges display the current ongoing exchange rates publicly. If you have Indian Rupees (INR), only INR notes of 100 and 2,000 are legal in Nepal.

Despite the security advantage of a traveler's cheque, **we recommend cash exchange** to avoid hassles like lengthy processes and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. Several of these ATMs are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card.

If you use the money exchange facility at banks and financial institutions, they will charge a service fee of four percent or more.

Trek regions do not have banks and money exchanges, so you should exchange your money in Kathmandu, depending on your expense estimates. Please note people in trek regions only honor Nepali currency.

How much luggage can I bring to Gokyo Lakes Trek?

The luggage weight limit**is 9 kg per trekker.**We assign a porter for every two trekkers, and we do not allow porters to carry loads over 18kg.You will also be carrying a small backpack for your valuables and things that come in handy often, such as a water bottle.We advise you to **carry only the essentials.** You can leave any excess baggage either at your hotel or Discovery World Trekking store for free.

Gokyo Ri Trek Safety

Discovery World Trekking guarantees client safety, security,and **satisfaction.**Safety is the utmost concern for us. In order to face any situation, we will be carrying all the necessary gear, equipment, and first aid kits. Our leaders and guides have completed extensive first aid training.

If a trek member catches altitude sickness, your trek leader has the authority to decide whether to continue the trek or descend immediately.In case of emergency, we deploy a helicopter to bring you back from the higher elevation (funded by insurance). During the trek, you will be traveling as a group.

FAQs For Gokyo Ri Trek

GENERAL INFORMATION

Where is Gokyo Ri located?

Gokyo Ri is situated in the Everest region of Nepal, within the Sagarmatha National Park, a UNESCO World Heritage Site in eastern Nepal.

How long does the trek to Gokyo Ri take?

The Gokyo Ri trek typically takes about 11 days to complete, including time for acclimatization and exploration.

What are the main highlights of the Gokyo Ri trek?

The trek's primary highlights include stunning views of Mount Everest, Lhotse, Makalu, and Cho Oyu — four of the world's highest peaks. Trekkers can also marvel at the Gokyo Lakes, the highest freshwater lake system in the world, and enjoy the serenity of peaceful monasteries and vibrant prayer flags along the trail. A climb to Gokyo Ri offers a panoramic view of the Himalayas, making it one of the most rewarding aspects of the journey.

Is the Gokyo Ri trek suitable for all levels of trekkers?

Yes, the Gokyo Ri trek is suitable for all trekkers. It is a less challenging trek than the Everest Base Camp trek. First-time trekkers with a basic level of physical preparation can enjoy this trek with proper guidance and planning.

What makes the Gokyo Ri trek unique compared to other treks in Nepal?

The Gokyo Ri trek stands out for its tranquility and exclusivity. Unlike the crowded Everest Base Camp trek, it offers a more peaceful experience with equally stunning views. Moreover, this trek is much easier.

Can I book a private Gokyo Ri Trek?

Yes, you can book a private Gokyo Ri Trek with us.

How does a private Gokyo Ri trek enhance the experience?

A private Gokyo Ri trek enhances the experience by allowing you to customize the itinerary, travel at your own pace, and enjoy a more intimate journey without sharing the trek with strangers.

PREPARATION & FITNESS

How fit do I need to be for the Gokyo Ri trek?

The Gokyo Ri trek is less intense, requiring 5 to 7 hours daily on the trails with moderate ascents and descents. A moderate fitness level is essential to handle the physical demands of the trek.

Can beginners with previous trekking experience undertake this trek?

Yes, beginners can undertake the Gokyo Ri trek.

What kind of physical preparation is recommended for the Gokyo Ri trek?

To prepare for the Gokyo Ri trek, focus on cardiovascular endurance, strength, and flexibility training. Activities like jogging, hiking with a backpack, or stair climbing will build stamina.

PERMITS

What permits are required for the Gokyo Ri trek?

You will require the Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Permit.

Are the necessary permits included in the trekking package?

Yes, the required permits for the Gokyo Ri trek are included in the trekking package.

Where can I obtain the permits for the Gokyo Ri trek?

You can obtain the permits in Kathmandu at the Nepal Tourism Board office or in Monjo, near the Sagarmatha National Park entrance. However, we will get those permits for you.

INSURANCE & VISA

Is travel insurance necessary for the Gokyo Ri trek?

Yes, travel insurance is mandatory for the Gokyo Ri trek due to the risks associated with high-altitude trekking, such as altitude sickness and injuries.

What should my insurance cover for this trek?

Your travel insurance should cover health care costs and high-altitude helicopter evacuation (up to 5,400 m). Please verify with the insurance provider that the policy includes helicopter evacuation.

Do I need a visa to visit Nepal, and how can I obtain one?

Yes, all foreign nationals (except Indian citizens) need a visa to enter Nepal. Most nationals can obtain a visa on arrival at Tribhuvan International Airport in Kathmandu. For a 30-day stay, the visa fee is USD 50. To apply, you will need a passport valid for at least six months, a passport-sized photo, and the visa fee.

GUIDES & PORTERS

Is a guide included in the Gokyo Ri trek package?

Yes, a guide is included in the Gokyo Ri trek package.

What roles do guides and support staff play during the trek?

Guides and support staff play a crucial role in ensuring the success and safety of the trek. The guide will navigate the route, offer insights about the region, and monitor your health, especially concerning altitude sickness. Porters will carry your luggage, while the guide ensures your overall well-being.

Can I trek to Gokyo Ri independently without a guide?

No. The Nepal government has banned solo independent treks for foreigners in Nepal's national parks and conservation areas.

ACCOMMODATION

What type of accommodation is available during the Gokyo Ri trek?

Accommodation during the trek is mainly in tea houses or lodges, which are simple, family-run guesthouses. These offer basic rooms with shared bedding and facilities.

Are teahouses or lodges equipped with modern facilities like electricity and hot showers?

Most teahouses provide electricity. Hot showers are also available in most lodges. However, you need to pay for their use.

Will I have access to Wi-Fi or charging points during the trek?

Wi-Fi is available at most teahouses along the route, but it may be slow and unreliable, particularly at higher altitudes, and comes at a price. Charging points for electronic devices are also available at some tea houses, though there may be a small fee for usage.

FOOD & DRINKS

What kind of meals are provided during the Gokyo Ri trek?

The meals are typically Nepali, Tibetan-influenced, and some Western options. You'll find dishes like dal bhat (lentils and rice), momo (dumplings), noodles, fried rice, burgers, and soup.

Are there vegetarian or vegan food options available?

Yes, vegetarian and vegan food are also available in trek regions. You just need to tell our guide your preferences.

Is safe drinking water available, or should I bring purification tablets?

We recommend you not to drink water directly from local sources. Hence, bring purification tablets, a water filter, or a UV purifier. We also suggest you bring a water bottle and buy boiled/filtered water from en-route shops or lodges.

WEATHER

What is the best time of year to trek to Gokyo Ri?

The best seasons for the Gokyo Ri trek are spring (March to May) and autumn (September to November). These seasons offer clear skies, moderate temperatures, and stable weather conditions, making for ideal trekking conditions.

How does the weather affect the trekking experience at Gokyo Ri?

Weather conditions at higher altitudes can be extreme, with temperatures dropping below freezing at night. Wind, snow, and rain can make trekking difficult, especially at higher elevations. During summer, the monsoon brings landslides and muddies trail paths.

Is it advisable to trek during the monsoon or winter seasons?

Trek during the monsoon season (June to August) due to heavy rainfall, can lead to slippery trails, the risk of landslides, and limited visibility. Winter (December to February) is also challenging due to extremely cold temperatures and snow, making some areas inaccessible. However, some trekkers prefer winter or monsoon for a more serene experience, but they must be prepared for harsh conditions.

HEALTH & SAFETY

What health risks should I be aware of during the Gokyo Ri trek?

The primary health risk on the Gokyo Ri trek is altitude sickness. The altitude sickness can lead to nausea, dizziness, and headaches. Cold-related issues such as frostbite or hypothermia are also a concern, particularly at higher altitudes.

Is altitude sickness a concern, and how can it be managed?

Yes, altitude sickness is a significant concern, as Gokyo Ri reaches over 5,000 meters (16,404 feet). To manage it - you should ascend slowly, stay hydrated, avoid alcohol, and smoking, and eat nutritious food. If symptoms of altitude sickness appear, descend to a lower altitude immediately.

What emergency procedures are in place during the trek?

In an emergency, such as altitude sickness or injury, we will coordinate with your insurer to arrange a helicopter evacuation. Our guides are trained in basic first aid, and emergency response procedures are in place.

PACKING & GEAR

What essential items should I pack for the Gokyo Ri trek?

Essential items for the Gokyo Ri trek include:

- Layered clothing for varying temperatures.
- Waterproof trekking boots and warm socks.
- A down jacket, a fleece jacket, and thermal base layers.
- Sunglasses, sunscreen, and a hat.
- A backpack, water purification tablets, a camera, and a first aid kit.
- A headlamp and extra batteries for night use.

Please consult our equipment section above for more details.

Is a sleeping bag necessary for this trek?

Though lodges will offer basic bedding, we recommend a sleeping bag for extra warmth as temperatures can drop significantly at higher altitudes. A sleeping bag rated for sub-zero temperatures is recommended.

Are trekking poles or other gear recommended for the Gokyo Ri trek?

Trekking poles are highly recommended as they help with stability on steep and uneven trails, especially when descending. Other gear such as a good-quality backpack, a water bottle, and a camera are also essential for the trek.

BOOKING & PAYMENTS

How far in advance should I book the Gokyo Ri trek?

We recommend you book the Gokyo Ri trek at least 1 month in advance to secure your spot, especially if you plan to trek during peak seasons (Spring or Autumn).

What is the payment process for booking the trek?

We require ten percent of the trek cost to confirm trek booking. You can pay using bank transfer, credit card, Wise, or Western Union. The rest of the amount is due when you arrive in Kathmandu.

Are there any cancellation or refund policies for the trek?

Yes. Please visit our terms and conditions page.

TRANSPORTATION

How do I get to the starting point of the Gokyo Ri trek?

The starting point of the Gokyo Ri trek is usually Lukla, which can be reached via a domestic flight from Kathmandu. Flights to Lukla are typically short but can be subject to weather conditions.

Are domestic flights required for reaching the trek's starting point?

Domestic flights from Kathmandu (or Manthali, depending on trek season) to Lukla are required to begin the Gokyo Ri trek.

What transportation options are available after completing the trek?

From Lukla, you will fly back to Kathmandu, after the trek is complete. If flights are delayed, you can hire a helicopter to Kathmandu at your own cost.

Discovery World Trekking

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