GOKYO VALLEY TREKKING : SCENIC LAKESIDE TREK FOR WOMEN

GENERAL DETAILS

Category:	Trekking
Sub Category:	Everest Region
Region:	Everest
Duration:	15 days
Accomodation:	Tea-House (Lodges)
Altitude:	5,357 m
Meals:	Breakfast/Lunch/Dinner
Difficulty:	Moderate
Activity:	Trekking
Season:	March, April, May, September, October, November
Start/End Point:	Kathmandu - Kathmandu
Group Size:	2-30
Total Distance:	90 km/56 miles
Transportation:	Private vehicle

GROUP DISCOUNTS

1 pax	: $ 1850.00
2 - 5 pax	: $ 1499.00
6 - 12 pax	: $ 1399.00

* The above price resembles price per person.

TRIP OVERVIEW

Gokyo Valley Trekking is one of the most picturesque countries around the Himalayas. In the early days, it was a grazing pasture for the yaks and livestock, and over the years, it has turned

out to be a photographer paradise. **Gokyo Valley** is home to serene emerald-colored lakes and Nepal's longest glacier, the Ngozumpa glaciers, which serve as the source of the Dudh Koshi River.

It is an exciting and scenic adventure of less than two weeks, where one can enjoy the grand vista of the world's tallest peaks in the close harmony of pristine surroundings and the warm traditional hospitality of the native Sherpa. The **Gokyo trek** is a perfect choice for adventure women of all ages, whether you are travelling solo or with fellow female explorers, and is popular among those seeking a unique **trekking guide Nepal** experience. Sherpa are the Highlanders of Khumbu and Eastern Himalayas interwoven with a strong heritage and customs rooted in Buddhism. Explore the lifestyle of Sherpa women in Gokyo Valley, showcasing their dedication to daily work, resilience in harsh conditions, and how they inspire other women through their strength, resourcefulness, and determination.

Gokyo Valley Trekking is an alternative adventure around the high Khumbu region, besides popular destinations to Everest Base Camp. The trekking will be pleasant and scenic country walks with a touch of high altitude, where magnificent scenery makes the adventure worth visiting. The journey begins from the town of Lukla, the door to various **adventures around the Khumbu region**. The trail follows through lovely villages within the backdrop of towering snow peaks to enter *Sagarmatha National Park*.

The Park is designated as a UNESCO World Heritage Site due to its unique features enriched with exotic flora and fauna including the world's highest peaks, the Everest, Mt. Lhotse, Mt. Cho-Oyu, and the famous mountain ranges. As the walk progresses, we ascend higher to the famous Namche Bazaar, a major hub for the Khumbu villagers. At **Namche Bazaar**, we spend an extra day for acclimatization. The adventure continues leaving the main trail towards ***Gokyo Valley***.

The trail enters the Dudh Koshi River gorge covered in dense tree lines of tall rhododendrons and pines. Then, reaching a high and wide open country above the tree lines at Gokyo Valley. In Gokyo Valley, we are amidst by the stunning views of snow peaks with crystal clear reflections of the world's 6th highest Mt. Cho-Oyu on Gokyo glacial lakes.

At Gokyo, you have time to explore its beautiful surroundings with a climb to the high **Gokyo-Ri trekking,**the highlight of many Gokyo trekking itineraries. The highest point of the adventure offers the view of the world's four highest peaks Everest, Lhotse, Makalu, and Cho-Oyu. The view also includes a series of snow-dusted mountains encircle the high scenic ridge

of Gokyo-Ri.

After a wonderful experience, then head for the return journey towards Namche Bazaar and back to Lukla. Next early morning, a smooth scenic flight brings you to Kathmandu after an exciting adventure to Gokyo Valley Trekking.

ITINERARY

Day 1: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Gokyo Valley Trekking team in the meeting room for a briefing.

The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge and foods. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 2: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 3: Fly to Lukla 2,860 m and trek to Phakding 2,610 m-04 hrs.

You will have your breakfast at Hotel, and after having early breakfast and refreshments, the Woman Adventures guide, and staff receives you for short drive to domestic airport. You then check in with respective airlines, get on board in a small aircraft of 15 to 18 seats. Twin Otter, Dornier or similar STOL aircraft can only fly to mountainous smaller

Airport and runways. The flight to Lukla's amazing Tenzing-Hillary Airport is an enchanting experience, with its remarkable airstrip. During this short flight enjoy sweeping panorama of the Himalayan range of peaks with Mt. Everest towards North-East.

Then the plane lands at Lukla's short runways, reaching the parking space on landing at Tenzing-Hillary Airport. After getting organized with the baggage, you'll have time to take a refreshing break. Then follow our lady expert guide heading through the market areas on the main streets of Lukla town. Enjoy a pleasant walk downhill, passing farm villages and continuing through several charming settlements along the way. We then reached Phakding for the first overnight around the Khumbu area of Everest.

The lodge offers lovely rooms and warm hospitality, providing a comfortable place to enjoy the night in Phakding, near the Dudh Koshi River. The flight to Lukla takes about 30 minutes and covers a distance of approximately 135 km (84 miles) while the walking distance from Lukla to Phakding covers an approximate distance of 8 km (5 miles).

Day 4: Trek to Namche Bazaar 3,440 m-06 hrs.

After a hearty breakfast in the morning, follow our female guide and trekking staff for a pleasant walk to start the day. After short hour of good walk cross over a long bridge above Dudh Koshi River. Then a short climb to lovely Monjo village and then enter Sagarmatha National Park. Sagarmatha, a name for Everest in Nepal, the native Sherpa calls Chomolungma similar to Tibetan. In both languages it means great Mother as large as an ocean. From the park, we walk down to cross the same river once again. (Sagarmatha National Park is in the list of UNESCO World Heritage Sites).

We then reach the settlement of Jorsalle before Namche Bazaar, possible lunch stops, and then walk on river bed amidst dense forest. We take a short climb to cross a high bridge, with a long undulating uphill walk of a few hours takes us to Namche Bazaar. A large settlement, a size of a moderate town with colorful and well built houses serving as lodge, and hotels. Enjoy a nice comfort in one of the best lodge rooms, with a grand view of Kwangde Himal range; with Thamersarkhu peaks. The total distance from Phakding to Namche Bazaar is

approximately 12 km (7.5 miles), taking more than 5-6 hours due to the increase in altitude.

Day 5: Rest day in Namche Bazaar for acclimatization with short hike.

Namche Bazaar is a perfect place and ideal height for rest and acclimatization, before heading higher ground. Sleeping and resting low is best, taking short hike above Namche Bazaar heights for better acclimatization. It is best to sleep and rest at lower altitude. We also take a short hike above Namche Bazaar to aid in better acclimatization. In Namche, immerse yourself in exploring the lifestyle of Sherpa women, appreciating their dedication, resilience, and the unique cultural roles they uphold in the community.

Possible short hiking around Namche Bazaar and viewpoints are as follows:

After breakfast climb uphill to near Park Headquarters, a top ridge with an interesting museum. Enjoy the grand vista of Mt. Everest, Lhotse, and Nuptse with beautiful Mt. Ama Dablam, Khangtiaga, Tharmasarku, and Kwangde Himal range of peaks. You then visit the museum which offers good information about the Sherpa culture and history as well as local flora/fauna and mountaineering expeditions history around Khumbu and Everest.

The other interesting hike is climb above Namche Bazaar to a small old airstrip at Syangboche. Then on slow gradual ups to Everest View Hotel, the first luxury hotels of Khumbu and Everest region. It is designated in the Guinness Book of World Record, as the highest hotels in the world at 3,962 m/ 13,000 feet. It is located in a serene surrounding amidst pines and rhododendrons small forest. Enjoy the glorious views of Mt. Everest, Lhotse, Nuptse with Ama Dablam while having refreshing hot drinks.

We then return to Namche Bazaar for lunch. The rest of the day is free to leisurely explore the fascinating streets of Namche Bazaar. Namche Bazaar is also famous for its weekly Saturday Market, hence the name tagged as Namche Bazaar due to the colorful busy bazaar/ market held every Saturday.

Day 6: Trek to Dole 4,110 m- 06 hrs.

Enjoying a pleasant two overnight stop in Namche Bazaar, the walk leads on a pleasant gradual wide trail. Soon our route diverts from the main popular trail of Everest base camp leading to a steep climb up to Mong high ridge, with superb views of towering snow peaks. From here, the path leads downhill to Dudh Koshi River at Phortse Tenga for a lunch break. A small settlement with few small simple lodges and Tea-Houses. In the afternoon, a few hour's

climb takes us into a narrow gorge which are covered in tall rhododendrons, pines, oaks, and fir trees. We then reach on an open wide area at Dole, a lovely spot on the back sides of a holy Mt. Khumbila, the patron god of Khumbu Sherpa's. Upon arrival, we checked into a nice lodge at Dole and spent overnight with the sound of Dudh Koshi River flow.

Day 7: Trek to Machermo 4, 470 m - 04 hrs.

In the morning, after having a good breakfast at the lodge, we begin today's short walk but the gain in altitude makes the trek slower. We start the morning walk with a short steep climb to a ridge, reaching an open wider area. The walk follows on gradual ups past a nice small settlement of Luza, and slowly the trail leads us high above Machermo.

You can enjoy the first look of Mt. Cho-Oyu towards north with Machermo peaks in the west. After a grand view of the surrounding high peaks, a short descent takes us to a small river gorge. The gorge is lined with small Poplar and Willow trees, followed by a short steep climb to Machermo. A place with several fine good lodges for lunch and overnight. The rooms are well accommodated offering a beautiful view. After lunch, you can relax and then take a short hike to nearby viewpoints. Spend the rest of the day at leisure before enjoying afternoon tea and dinner.

Day 8: Trek to Gokyo Valley 4,800 m - 04 hrs.

Today, the morning takes you to our destination to Gokyo Valley of lakes. We start with a short steep up to a ridge, then walk on a gradual path to Pangka. A small isolated spot with some simple lodge, from here with ups on the rocky path towards an ablation valley. The walk continues to reach the first lake, and then the second lake of Gokyo Valley. After a short while, we then reach Gokyo third lake, the main lake of Gokyo Valley. It is also known as the Dudh Pokhari, like the Dudh Koshi River, which means a milky river due to its chalky white color fed from nearby Ngozumpa glacier. We will walk up to the lodge located above the Gokyo emerald-colored lake, offering breathtaking views of Mt. Cho Oyu and Gyachung Kang Peak.

On reaching the lodge check into a nice room and enjoy lunch along with surrounding views. Sherpa women of Gokyo Valley lead hardworking lives, managing households, farming, and supporting trekking tourism while playing a vital role in women's empowerment through leadership, education, and preserving cultural traditions. You can spend the afternoon at leisure, exploring the lifestyle of Sherpa women and marveling at the glorious scenery of towering snow peaks.

Day 9: Morning climb Gokyo-Ri, afternoon free at leisure.

A free day in Gokyo, you can go for a good hike and climb to the Gokyo-Ri viewpoint. Rise early and start the hike before breakfast walking past the short of Gokyo third lake. Then a steep haul for a few hours to reach on top of scenic Gokyo-Ri. From the top, you can view the spectacular panorama of the world's four tallest peaks, with Everest, Lhotse, Makalu and Cho-Oyu. The views also include the grand scenery of the wide Gokyo Valley and its emerald-colored lakes, after a refreshing morning climb. We then return downhill to the lodge for breakfast and lunch. Rest of the day you can enjoy on your own and relax in the harmony of beautiful scenery.

Day 10: Trek to Dole past Machermo-06 hrs.

After a pleasant and wonderful time at Gokyo Valley, today you will take a long walk downhill to Dole. We start the morning quite early to reach Dole on time before dusk. After having a good breakfast, we head downhill on the same scenic route to Machermo for lunch. In the afternoon, we climb for a short while and then continue to walk down to Luza and back to Dole on time for afternoon tea and dinner.

Day 11: Trek to Monjo 2,880 m via Namche Bazaar-05 hrs.

Enjoy the last breakfast, around the areas of Gokyo Valley, and then downhill to Phortse Tenga. We take a short climb to Mong Hill, and then with a steep descent to reach the main trail to Namche Bazaar. A pleasant walk to Namche Bazaar for lunch. In the afternoon, we start heading down to Dudh Koshi River valley. Our walk past Jorsalle and after the bridge a short steep climb to the national park post. Finally, we then reach Monjo for an overnight halt before Lukla.

Day 12: Trek to Lukla and transfer to a lodge-04 hrs.

Today is the last day walk of the adventure, enjoy the pleasant walk towards Phakding for a short rest. From here, we take a few hours of good walks with last hour climb to Lukla.

We arrive by the afternoon, just in time for lunch and an overnight stop, with ample time to hang around and enjoy the last dinner celebration with fellow members and trekking staff. Celebrate the success of the Gokyo Valley trek with your female friends, guide, and porter by sharing stories, laughter, and a warm meal. Toast to the incredible journey, teamwork, and empowering spirit of women adventurers.

Day 13: Fly to Kathmandu and transfer to hotel.

In the morning, you will be transferred to Lukla's Tenzing-Hillary Airport for a smooth, short flight back to Kathmandu. After a great adventure and wonderful experience on Gokyo Valley Trekking, we then return to the hustle and bustle of city life of Kathmandu. Spend the rest of the day at leisure with fond memories of Gokyo Valley Trekking. Also, you can join in for a short tour around places of great interest. A total distance covered 160 km/80 miles, round trip from Lukla to Lukla and it does not cover the rest day optional hikes.

Day 14: In Kathmandu free day, for individual activities with options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop for souvenirs from Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 15: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around high hills of Khumbu with trek to Gokyo Valley. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

*** Please note that the schedule is subject to change due to weather conditions and other unforeseen circumstances.**

INCLUDED SERVICES

- Airport pick-up and drop-off with representative.
- 3-star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation during the trek
- All meals (three times a day: Breakfast, Lunch & Dinner)
- Tea and coffee (3 times a day).
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers
- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- Air ticket (Kathmandu-Lulkla-Kathmandu)

- Kathmandu Cultural and Historical sightseeing includes a certified female Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- A down jacket, a sleeping bag, Fleece liner, and a duffel bag.
- All government taxes

EXCLUDED SERVICES

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

FAQS

1. How long is the Gokyo Trek?

The Gokyo Valley Trek duration depends on the starting point, acclimatization, your pace, and the added side treks (Everest Base Camp or Renjo La Pass). The typical Gokyo Valley Trek takes 11 to 14 days.

2. How hard is the Gokyo Valley Trek?

The difficulty level of Gokyo Trek is considered moderate to challenging. The high altitude goes up to 5,357 meters at Gokyo Ri. Proper acclimatization is needed in this trek. Beginner-level trekkers with proper preparation can complete the trek by pacing themselves.

3. What is the altitude of Gokyo Ri?

The altitude of Gokyo Ri stands at 5,357 meters from sea level. The breathtaking panoramic views of Mt. Everest, Mt. Lhotse, Mt. Makalu, Cho Oyu, and the Gokyo lakes below are rewarding after a steep climb.

4. What are the Gokyo Lakes?

The Gokyo Lakes are a series of six glacial turquoise lakes and are the world's highest freshwater lakes:

1. Longpongo Lake (4,690 m)
2. Taboche Tsho Lake (4,710 m)
3. Dudh Pokhari Lake (4,750 m)
4. Thonak Tsho Lake (4,870 m)
5. Ngozumpa Tsho Lake (5,000 m)
6. Gyazumba Tsho Lake (5,147 m)

These lakes carry sacred beliefs for both Hindus and Buddhists.

5. Do I need a guide for the Gokyo Valley Trek?

A licensed guide from a registered trekking agency are recommended for safety purpose and for better experience.

6. Do I need a permit for the Gokyo Trek?

Sagarmatha National Park entry permit- USD 25 per person

Khumbu Pasang Lhamu Rural Municipality permit- USD 20 per person are required for the Gokyo Trek.

We take care of everything, including guides, permits, transport, and accommodation, tailored for your comfort and safety.

7. What kind of accommodation and food is available?

The accommodations are basic teahouses and lodges with basic amenities, with twin-sharing bedrooms and shared bathrooms. Dal Bhat, pasta, momos, fried rice, soups, pancakes, etc.

are available food items. The prices are quite high due to transport challenges in the upper region.

8. What is the best time for Gokyo Trek?

The Gokyo Trek is recommended during the Spring (March to May) and Autumn (September to November) seasons. As the sky gets clear and the weather is stable.

9. Can I combine the Gokyo Trek with the Everest Base Camp?

Yes, you can combine the Gokyo Trek with Everest Base Camp. This trekking route comes with a challenge and is full of adventure, which makes this trek the most famous among experienced trekkers.

10. Are there risks of altitude sickness on this trek?

As the altitude goes higher, the oxygen level drops lower. This trek goes above 5,000 meters, so there's a high risk of AMS (Acute Mountain Sickness). To be prepared for this condition, take proper acclimatization, stay hydrated, ascend slowly, and know the symptoms of AMS.

For for information regarding this package, please click on this link. You can also give us a call at +977 9747508926 or email us at info@womanadventures.com for further information.

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