

GOKYO LAKE TREK- NEPAL



View from Gokyo Ri

View from Gokyo Ri

With eight of the world's ten highest peaks, Nepal is loaded with spectacular mountain vistas. The Everest area is justifiably famous, not only for its proximity to the world's highest mountain but also for its friendly Sherpa people, picturesque villages, great variety of cultures and traditions, colorful festivals and monasteries. The Sagarmatha National Park is rich with flora and fauna, but the existence of the yeti remains a mystery. You will trek to the beautiful village of Gokyo 4000mtrs and Gokyo Ri 5360mtrs, you will view some of the most spectacular scenery in the world, and of course **"The Top of the World Mt Everest."** Our first acclimatization days will be spent at Namche Bazaar, home of the legendary Sherpa people. This colorful village was once the main trading route between Tibet and Nepal and offers a unique insight into the traditional Nepali and Tibetan way of life.

On this 14-day trek you will visit the famous Buddhist Monastery at Tyanboche which has been restored after being destroyed by fire in 1989. Tyangboche is surrounded by some of the most beautiful mountainous scenery in the world and majestically towering above is Ama Dablam. Here your efforts will be truly rewarded as your experienced and knowledgeable guide points out the classic routes to the summit of Mount Everest. You will visit the famous school that was built and funded by Sir Edmund Hillary. As you ascend higher to our destination of Gokyo you pass a series of 3 high altitude blue lakes which will take your breath away with their beauty. On our descent you return to

your final destination of Lukla for the traditional end of trek party and a spectacular return flight to Kathmandu **This trip is truly an adventure to remember.**

ITINERARY: This itinerary is intended as a working guide only and is subject to variation as a result of weather, local conditions, government restrictions, or any other

reason beyond the control of Lyn Taylor's Adventure Travel. We reserve the right to alter (lengthen or shorten) any trek at any time if this is necessary.

Day 01 Arrive Kathmandu

You will be met at Kathmandu airport by Lyn and your Nepalese Guide and transferred to our Boutique hotel situated in the in the tourist district of Kathmandu. The remainder of the afternoon is free to rest after your long trip. In the evening we will have a briefing on your trek. **(B)**



Thame Kathmandu



Streets of Thamel

Day 02 Kathmandu - Lukla - Phakding Early this morning around 6am you will depart from your hotel to the airport to catch your flight to Lukla (2827m). Flight time is approx 40 minutes. You will experience one of the most magnificent sights in the world as you fly parallel to the Himalayan Mountains bordering Nepal, Tibet and China. On arrival at Lukla airport we will meet with our staff of porters who will be assisting us on the trek. Our first lodge is situated at Phakding an approx. 4 hours walk with lunch on the way Phakding (2600m) easy afternoons walk. **(BLD)**

Day 03: Phakding to Namche Bazaar The trail continues north up the Dudh Kosi valley to Jorsale, where the trail officially enters the Sagarmatha National

Park. There is an entrance station just beyond the village where trekking permits are checked, and National Park fees collected (the fee is included in your total cost). You continue along the trail, cross the Bhote Kosi River and climb steeply to Namche Bazaar 3500m.

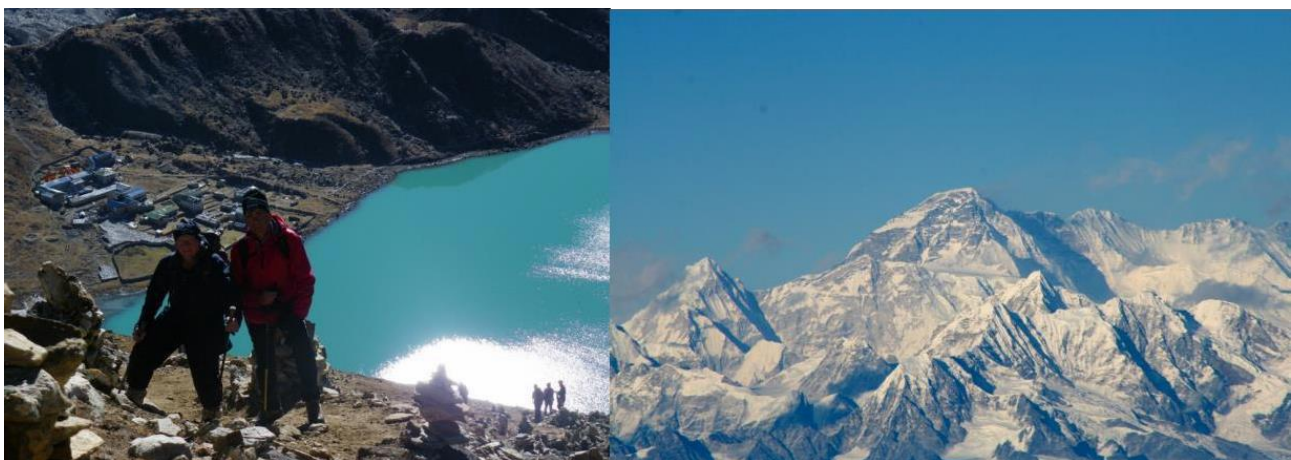
Remember to look out for glimpses of Mt. Everest early on the trail. **(BLD)**

Day 04: Namche Bazaar rest day for acclimatization. Today you have a rest day in Namche Bazaar to acclimatize. This town, the hub of Sherpa society, is the administrative centre of the Khumbu region and has a police checkpoint (you must all register there), the headquarters of the Sagarmatha National Park, a bank, several shops selling items of every description and a proliferation of Sherpa inns. Today you can spend the day relaxing or you may wish to take to the ridge above where you will afford spectacular views of Everest and surrounding mountains. **(BLD)**

Day 05 Namche - Tyangboche (3890 mtrs) (6-7 hours)

From Namche it is a short steep climb to the ridge and then a flat winding trail to Sansar a

very pretty village, where you will find Tibetan ladies selling their local craft from Sansar the trail drops sharply down to the Dudh Kosi and the village of Phunki, where you cross the river and begin your climb to Thyanboche. **(BLD)**



Gokyo Lake View From Gokyo Ri

Everesat View from Gokyo Ri

Day 06 Thyangboche – Photse (6-7 hours) (3850 mtrs) Today is another long day as you leave Thyangboche and descend to Deboche past mani walls deep in a rhododendron forest. From Deboche you descend to the Imja Kola and climb to the village of Photse where you will have lunch. Because of the ban on hunting at Thyangboche there is much wildlife in this area, so you may see some tame blood pheasants, Nepal's national bird the Himalayan monal or ipeyan pheasant, snow pigeons and red billed choughs (they will pinch any food you leave lying around). A visit to the monastery is a must. The singular beauty of Ama Dablam, standing isolated

from all other mountains provides a spectacular backdrop and reminder of the height of Himalayan peaks. After lunch it is sometimes a difficult, as you leave Phangboche and wind your way up the valley on a very narrow sometimes-steep trail. The views of Ama Dablam standing above 6,000 meters and known as the Mother's Charm Box will take your breath away. The singular beauty of Ama Dablam, standing isolated from all other mountains provides a spectacular backdrop and reminder of the height of Himalayan peaks Arrive Phortse late afternoon **(BLD)**



Day 07: Phortse - to Dole (4 -5hours) From Phortse the trail drops to the river to Phortse Thanga then climbs steeply through forests of rhododendrons and then stands of juniper and large conifers as the altitude increases. We pass through Sherpa kharkas (high pasture summer settlements used by Sherpas to graze their herds of yaks allowing their lower winter pastures to recover) and the villages of Tongba 3950m and Gyele 3960m to Dole. We have great views of Khumbila and Tawachee peaks throughout the day. **(BLD)**

Day 08: Dole to Machhermo (4 -5hours) Today we have a short and fairly leisurely trek to allow us to acclimatize to the altitude. In the morning we have a steep but beautiful climb through conifer and rhododendron forests and stands of juniper to Lhabarma 4220m and Luza 4360m. There are kharkas wherever there is a flat spot and the slightest hint of water. We continue to climb along the side of the valley, high above the river to the camp at Machhermo 4410 m. it was here in 1974 that a yeti supposedly killed three yaks and attacked a Sherpa woman, so watch out for the Yeti!! **(BLD)**

Day 09: Machhermo to Gokyo (6 hours) This is your first real day at high altitude and the trekking today may be described as moderate to difficult. However, the going is slow (in fact, it is recommended that you walk slowly to avoid exhausting yourself). You will climb a ridge from where the valley opens wide as the trail passes through Pangkha. Mt. Cho Oyu 8153 m dominates the skyline to the north as we climb the moraine on the left flank of the Ngozumpa Glacier. The climb is steep to the first of the four lakes that lie in the Gokyo area but the trail levels off towards the second lake, Longponga at 4690m. **(BLD)**



On top of Gokyo Ri

View from Gokyo Ri

Day 10: Gokyo - Gokyo Ri – Gokyo It is recommended if the weather is good then it is up early and a rigorous (2 hr) hike to Gokyo Ri 5360m, the small peak above camp provides spectacular views of the 8463m looming to the east, Cho Oyu 8153m to the north and the smaller but closer peaks of Cholatse and Tawachee to the south. There is a wonderful view of Gokyo and Dudh Pokhari spread out below us. Afternoon rest and recover from the mornings hike. **(BLD)**

Day 11 Gokyo - Dole Return by the same trail to Dole. **4 hours walk (BLD)**

Day 12 Dole -.- Khumjung (5 hours) Today you will depart early and descend to the Dudh Kosi river and Photse Tanga then it is a steep winding climb to the high ridges of 4000m past a large a chorten at the village of Mong, said to be the birthplace of the saint Lama Sange Dorje, the reincarnate lama of Rongbuk Monastery in Tibet who introduced Buddhism to Khumbu. After lunch it is an easy walk to Khumjung where you will visit the school which was built by the Sir Edmund Hillary Trust. **(BLD)**

Day 13 Kumjung to - Phakding – (6- hours) retrace steps via Namche to the entrance of the Sagamatha National Park and the village of Monjo **(BLD)**

Day 14 Phakding - Lukla (4 hours) Once again retracing your path to Lukla. **(BLD)**

Day 15: Fly to Kathmandu. Weather permitting you will be on your plane and out of Lukla before 9am and at your hotel by 10am. Afternoon free. **(B)**

Day 16 Kathmandu – You will have a few hours free this morning before departing to the airport for your return flight. **(B)**

****Please not those extra days can be arranged in Kathmandu pre or post trip.**

Cost: on request

Trip Inclusions

- *14-Day Fully escorted lodge trek
- *Internal flights Ktm/Lukla/Ktm
- *All meals whilst on the trek
- *Experienced guide, and porter
- *2 nights 3-star hotel incl. b'fast
- *Porters to carry your gear
- *Arrival and departure transfers
- *Comprehensive medical kit
- *Comprehensive Trip Notes.
- *Trekking permit and National Park Fees

Not Included

Visas (apply on arrival at Ktm airport 1 passport photos req.) Airport Departure taxes/Excess baggage charges)

Other meals not stated (Lunch/Dinner Kathmandu) Items of personal nature ie. Soft/hard drinks, tips etc.

Please note that all meals on the trek are vegetarian if you prefer meat or chicken, it will be at your own expense.

Travel Insurance (this is a mandatory condition of booking) Medical evacuation in case of emergency

Spending money in Kathmandu

Staff Gratuities



LYN TAYLOR'S ADVENTURE TRAVEL
Nepal... Africa... Where ever !!!