

NEPAL

Gokyo Lake Trek- 14 Days

Namaste and Warm Greetings from Ama Adventure - Nepal!

Please note that this itinerary is customizable and can be adjusted to meet all your requirements. If you have any questions or concerns, please do not hesitate to contact us.

Team Ama Adventure



The Gokyo Lake Trek leads you to the beautiful Gokyo Lakes and then takes you up to Gokyo Ri, where you'll be rewarded with stunning views of Everest, Cho Oyu, Makalu, and the Ngozumpa Glacier.

Our Team

Extraordinary feats require extraordinary skills and preparation, and the safety and well-being of our expedition members are our principal concern. When you join our accomplished teams at Ama Adventure, managed by a female team, you are in the most skillful and qualified hands in the mountains. Our real-world experience makes a crucial difference between a successful summit and an attempted one.

Our Values

Ama Adventure has been managed by a female team with combined mountaineering experience since 2009. All our personnel are from the Mountain regions of Nepal, and their care and safety are as important to us as our clients. We do not cut costs but offer competitive rates that do not compromise the safety of the members of the expedition.

We prioritize empowering women and practicing responsible tourism. We do not cater to mass tourism and take pride in the expeditions we commit to each year. We are unwavering in our obligations to provide our clients with a safe, comfortable, and experiential adventure.



Overview

The Gokyo Lake trek is a famous adventure known for its stunning views and rich cultural encounters. Along the way, you'll enjoy spectacular panoramas of some of Nepal's most iconic peaks over 8,000 meters, including Cho Oyu, Everest, Lhotse, and Makalu.

A key highlight of the Gokyo Lakes trek is the breathtaking view from Gokyo Ri, which stands above the Gokyo Lakes. From this vantage point, trekkers are rewarded with a stunning view of the massive ice ridge between Cho Oyu and Gyachung (2,922 meters) in the Khumbu region, along with expansive views of the Ngozumpa Glacier, the largest glacier in Nepal's Himalayas.

The adventure begins with an exciting flight to Lukla, marking the start of the journey into the heart of the Himalayas.

In the days that follow, we trek through breathtaking landscapes, staying in local lodges and connecting with the friendly Sherpa community. This experience offers a chance to fully immerse yourself in the region's natural beauty and rich cultural heritage.

Our Gokyo Lake trek is carefully planned with the help of experienced Sherpa guides who prioritize our safety while sharing their knowledge of the local customs and traditions.

As we trek, we pass by ancient Buddhist monasteries and get closer views of Everest and other majestic, snow-capped peaks.

Acclimatization is an important part of the journey, so we take several rest days in Namche Bazaar. These days give us the chance to explore the lively village and its surroundings, while also helping our bodies adjust to the higher altitudes, ensuring a safe and enjoyable trek.

After reaching the top of Gokyo Ri at 5,483 meters, we descend at a comfortable pace, retracing our path through the villages of Namche and Lukla before flying back to Kathmandu.

The Gokyo Lake trek provides a perfect mix of stunning natural landscapes and rich cultural experiences, making it an adventure you'll never forget.



Trip Overview

Country - Nepal

Duration - 11 Days

Difficulty -Demanding

Activity - Trekking/Hiking

Max. altitude - 3,860 m /12,664 ft
Best season - Jan-Jun, Sep-Dec
Accommodation - Tea House & Hotel
Meals - Included

Trip Highlights

- Hike to the stunning Gokyo Lakes, tucked away in the heart of the Himalayas.
- Immerse yourself in the vibrant culture and deep traditions of the Sherpa people.
- Explore Namche Bazaar, where ancient customs blend seamlessly with modern mountain life.
- Take in the peaceful and picturesque scenery of the Gokyo Lakes along the way.
- Reach the summit of Gokyo Ri at 5,483 meters for a truly remarkable experience.
- From Gokyo Ri, enjoy breathtaking views of Everest, Cho Oyu, Makalu, and the Ngozumpa Glacier.

Itinerary

Day 1: Arrive at Tribhuvan International Airport in Kathmandu (1400 m/ 4,593 ft) and transfer to the hotel.

Day 2: First Meeting and Swayambhunath Temple Tour

Day 3: Fly from Kathmandu to Lukla (2,840 m/ 9,315 ft): a 35-minute flight, or take a 5-6 hr drive to Manthali/Ramechhap (474 m/ 1,558 ft) by a shared tourist vehicle, followed by a 20-mins flight to Lukla. From there, trek to Phakding (2,610 m/ 8,563 ft) for 3-4 hrs.

Day 4: Trek from Phakding to Namche Bazaar (3,440 m/ 11,286 ft): 5-6 hrs

Day 5: Acclimatization day in Namche Bazaar. Hike to the Everest View Hotel (3,880 m/ 12,729 ft) and return.

Day 6: Trek from Namche Bazaar to Phorste Thanga (3,680 m/ 12,073 ft): 5-6 hrs

Day 7: Trek from Phorste Thanga to Machherma (4,470 m/ 14,663 ft): 5-6 hrs

Day 8: Trek from Machherma to Gokyo (4,800 m/ 15,748 ft): 5-6 hrs

Day 9: Trek to Gokyo Ri (5,483 m) and Back to Gokyo: 5-6 hrs

Day 10: Trek to Dole (4,200 m) from Gokyo: 6-7 hrs

Day 11: Trek to Namche Bazaar (3,440 m) from Dole via Khumjung village (3,780 m): 5-6 hrs

Day 12: Trek to Lukla (2,840 m) from Namche Bazaar: 6-7 hrs

Day 13: Fly back to Kathmandu: a 35-minute flight, or from Lukla, take a 20-minute flight to Manthali/Ramechhap, followed by a 5 to 6-hour drive to Kathmandu by private vehicle

Day 14: Transfer to the International Airport for your final flight departure

Important Note on Itinerary and Lukla Flights

Our regular itinerary may change slightly due to factors beyond our control, such as weather conditions, flight delays or cancellations, natural events, government regulations, political issues, or health concerns. In such situations, we always work to find the best possible alternatives to keep the trek moving forward. Your patience and flexibility during these times are greatly appreciated.

We highly recommend adding at least two extra days to your schedule after the trek. Flights to and from Lukla are often delayed or canceled due to weather, and these buffer days help avoid issues with your international travel plans. You can also choose to customize your trip with extra sightseeing in Kathmandu, adventure activities, or short trips around Nepal before or after the trek.

Lukla Flight Update

Please note: During peak trekking seasons (March, April, May, September, October, and November), flights to Lukla operate from Ramechhap/Manthali Airport, which requires a 5-6 hour drive from Kathmandu due to heavy air traffic. In non-peak months (January, February, June, July, August, and December), flights usually depart directly from Kathmandu.

The choice of departure point is made by the airline and depends on travel volume at the time. Weather, air traffic, and the challenging terrain around Lukla are the main reasons for flight delays or cancellations. Adding a day or two to your itinerary gives you a cushion in case of such disruptions and helps ensure a smooth return for your international flight.

Meals

Throughout our trek, you'll savor authentic Nepalese dishes alongside international cuisines such as Tibetan, Continental, Italian, and Indian. Breakfast and dinner will be served at the tea houses or lodge menus where we stay overnight, while lunches will be provided en route to our next destination. During the trek, all meals are included. In Kathmandu, breakfast is provided, and special welcome and farewell dinners will be arranged for our guests.

Lodging

We'll be accommodated at Standard Hotel in Kathmandu, and the best available teahouses during our trek. Accommodations are based on twin sharing. For those requesting a single room, there will be an additional cost of USD 150. While we aim for rooms with attached washrooms, please note that some tea houses may only have shared washing and toilet facilities. Single rooms are readily available in Kathmandu, Pokhara, and lower-elevation trekking areas, but availability might be limited at higher elevations.

Dates & Prices

We ensure departures on all published dates. If these dates don't align with your plans, we're happy to assist in setting a customized date. Whether you're a solo traveler, a couple, a family, or a group seeking private trips, you can tailor-make your adventure. Reach out to us for pricing details or any other queries.

Nepal Visa Information

All foreigners require a visa for entry into Nepal (except Indian nationals). It is your responsibility to obtain an entry visa. Visas can be obtained from the Nepalese embassy prior to travel or on arrival at Tribhuvan International Airport in Kathmandu and various international border crossings between Nepal and its neighbors. To make the visa process easier, have a passport-sized photograph for immigration and the correct USD cash - please bring this in your hand luggage. In addition, trips in Nepal require photos for various permits. Please bring a total of 3 passport-sized photographs.

Multiple entry 15 days US\$ 25 or equivalent convertible currency. Multiple entries 30 days US\$ 40 or equivalent convertible currency. Multiple entries 90 days US\$ 100 or equivalent convertible currency.

The visa fee must be paid in cash. (This is payable in any major currency but not traveler's cheques) and you must have passport photos to purchase a Nepal visa on arrival at Kathmandu airport or at any Nepal entry point.

If you plan to obtain your visa in your country, you can download the application form from the website at: www.nepalimmigration.gov.np

Trekking Temperature

The day temperatures will be about 16° Celsius. At night and early in the morning it can become quite cold, with temperatures that vary from 0° to 1° Celsius.

However, depending on the weather, the temperature can drop to -5° Celsius, so you should be prepared to dress appropriately.

Physical Conditioning and Safety Tips

This trek is 5-6 hours a day. Some days we may have to walk for 9- 10 hours. Walking at a higher altitude is physically more demanding than walking at a lower altitude; However, if you are in good shape and of average physical shape, with a positive attitude towards life and firm determination, you can complete the trek successfully.

Regular exercise and jogging is a good way to increase strength and stability. For the trek, you need to pack essential personal items, which can vary based on your preferences. Preparing for the cold weather in the Himalayas is crucial, so bring sufficient warm clothing.

During a supported trek, porters will carry heavy items, while you are responsible for carrying daily necessities like water bottles, rain gear, a camera, sun cream, and toilet paper.

Remember to pack your belongings in two separate bags for the trek. You can leave non-trek items at the hotel in Kathmandu or Pokhara and retrieve them after completing the trek. This way, you can travel light and focus on the journey ahead.



Price Includes

Accommodation

- 2 nights in a 4-star hotel in Kathmandu on a twin/double-sharing basis with breakfast
- 5 nights in guesthouses during the trek (twin-sharing), with attached bathrooms in Lukla, Phakding & Namche

Meals & Drinking Water

- Breakfast, Lunch, and Dinner during the trek
- One hot drink per meal and seasonal fruits
- Farewell dinner on the final night in Nepal
- Purified drinking water throughout the trek (via water filter or purification tablets)

Transportation

- All airport transfers (international & domestic) by tourist vehicle
- Kathmandu to Manthali by shared tourist vehicle
- Round-trip flight between Kathmandu/Manthali and Lukla

Guide & Support Staff

- Licensed, experienced, English-speaking trekking guide (2 guides for groups of 8 or more)
- Porter support (1 porter per 2 trekkers)

- All staff's wages, accommodation, meals, insurance, gear, and medication

Permits & Entry Fees

- Sagarmatha (Everest) National Park entry permit
- Pasang Lhamu Rural Municipality entrance fee
- TIMS (Trekking Information Management System) card

Health & Safety

- Comprehensive first aid kit
- Daily health checks with a pulse oximeter to monitor altitude-related symptoms

Extras & Souvenirs

- Trekking map, duffel/kit bag, sun hat, Buff (neck gaiter), and a trip completion certificate

Administrative

- All government taxes and administrative fees

Price Does Not Include

- ✗ Meals in Kathmandu - Lunch and dinner while in Kathmandu
- ✗ International airfare and airport departure tax
- ✗ Travel insurance - Must include high-altitude emergency evacuation coverage
- ✗ Alcoholic beverages, cold drinks, and bottled juices
- ✗ Tips - For trekking staff and drivers (at your discretion)
- ✗ Personal trekking gear and equipment
- ✗ Single room supplement - Available on request at an extra cost
- ✗ Any expenses not mentioned in the Price Includes section
- ✗ Nepal Entry Visa

Trip Departure

We keep our group sizes small, maximum 14 people, to create a more personal and meaningful travel experience. Whether you're an independent traveler, coming with friends, or joining as a family, these small groups allow for stronger connections and deeper engagement throughout the journey. You can select your preferred departure date from the calendar and reserve your spot with ease.

Private Trips

If you prefer a more tailored experience, private trips can be arranged to suit your specific needs and schedule.

Difficulty Level

This trek is suitable for individuals with above-average physical fitness. There is no need for special technical skills, making it accessible to beginners and hikers. However, the trek does reach high altitudes and requires a significant level of physical exertion. Despite hiking for 5 to 10 hours a day, you will gain substantial elevation.



Packing List

Here is a list of what you might want to pack for Everest View Trek- 11 Days. Please take this as a starting point. You'll need layers of warmer clothing during the winter.

We provide a 75-liter duffel bag for you to use for the trek. It will be given to you during your pre-trip meeting in Kathmandu. The duffel bag is yours to keep.

General

- ✓ Four-season sleeping bag (rated to 0°C or lower) (Rental available: USD 35)
- ✓ Sleeping bag liner
- ✓ Insulated down jacket (Rental available: USD 35)
- ✓ Daypack (35-45 liters recommended) with rain cover

Upper Body Essentials

- ✓ Sun hat or cap (Complimentary Ama Adventure cap included)
- ✓ Warm knitted hat or beanie
- ✓ Headlamp with extra batteries
- ✓ UV-protection sunglasses
- ✓ Scarf/ Neck Gaiter/ Buff (Highly recommended)

Torso Clothing Essentials

- ✓ Technical fabric base layer (light for warmer months, heavy for colder months)
- ✓ Technical fabric short (2) and long sleeve (2) shirts
- ✓ Windproof and waterproof shell
- ✓ Fleece jacket or pullover

Lower Body Essentials

- ✓ Thermal base layers (lightweight for warm months, heavier for cold conditions)
- ✓ Hiking pants (2 pairs)
- ✓ Comfortable pants for relaxing inside teahouses
- ✓ Waterproof and windproof shell
- ✓ Hiking shorts

Handwear Essentials

- ✓ Wool or technical fabric liner gloves
- ✓ Hard-shell outer gloves (insulated for colder months)

Footwear Essentials

- ✓ Wool or technical fabric warm socks
- ✓ Hiking socks
- ✓ Optional liner socks (e.g., silk) for added comfort and blister prevention
- ✓ Waterproof trekking/hiking boots - well broken-in before the trek
- ✓ Ice Cleats or Micro Spikes (recommended from November to March for icy trails)
- ✓ Comfortable casual shoes or sandals for teahouse use
- ✓ Gaiters – lightweight for dust or heavier ones for snow in cold months

Undergarments & Sleepwear

- ✓ Technical fabric/quick-drying underwear
- ✓ Sports bras (for women)
- ✓ Pajamas or sleepwear clothes

First Aid & Medications

- ✓ Sunscreen (high SPF)
- ✓ Lip balm with SPF
- ✓ Antiseptic or soothing ointment
- ✓ Personal medications (for altitude, allergies, pain relief, etc.)

Note: Our guides carry a basic first aid kit, but personal supplies are strongly recommended.

Optional Items

These can enhance your comfort during the trek and are widely available in Thamel, Kathmandu.

- ✓ Guide Book
- ✓ Power bank or spare batteries

- ✓ Camera and mobile phone (for capturing memories)
- ✓ Cards, books, or lightweight entertainment
- ✓ Pee bottle or pee funnel (especially useful for women at high altitudes)
- ✓ Trekking poles (highly recommended for stability)
- ✓ Whistle (for safety/emergency use)
- ✓ Thermos (to carry hot water/tea during cold days)

Tip: Thamel is full of gear shops where you can purchase or rent trekking essentials at a reasonable price once you're in Kathmandu.

Other Essential Gear

- ✓ Valid passport
- ✓ Extra passport-sized photos (for permits or emergency use)
- ✓ Airline tickets (leave a copy with our office in Kathmandu)
- ✓ Reusable water bottle or hydration bladder
- ✓ Water purification tablets or UV water purifier
- ✓ Lightweight towel
- ✓ Pillowcase (for hygiene in teahouses)
- ✓ Toiletry kit (toothbrush, toothpaste, wipes, etc.)
- ✓ Toilet paper (2 rolls minimum)
- ✓ High-protein snacks (nuts, energy/protein bars)
- ✓ Waterproof/dry bags to protect documents and valuable

Documents and Logistics

- Flight Information
- Photocopy of Passport
- Passport size photo for Tims and permit (4)
- Medical Insurance Card
- Valid Passport

- Cash for souvenirs, Incidental costs, and tips for staff

Important Notes

You will receive a free duffel bag and baseball cap during your pre-trip meeting in Kathmandu. The duffel bag will be used to pack your trekking supplies.

1 porter for every 2 participants. The duffel bag (weighing 10kg/22lbs) will be carried by the porter during the trek.

You'll need your own daypack (with a waterproof cover) for daily necessities such as cash, important documents, a water bottle, camera, toiletries, and sunscreen.

Storage available in Kathmandu: Non-trekking luggage can be stored at the hotel.

Luggage allowance for Kathmandu-Lukla flight: 15kg/33lbs (includes duffel 10kg/22lbs and backpack 5kg/11lbs).

Down jacket with a hood is a must for altitudes above 4,000m for warmth (Rental available for USD 35).

4-season sleeping bag is also essential for cold nights (Rental available for USD 35).

Note: Some clothing, especially form-fitting items made of elastic material (like yoga pants), may offend locals. If you choose to wear these clothes for comfort, make sure to wear something over them.

Weather Information

Mountain weather changes a lot with elevation and landscape. Starting in Lukla, you'll gain height each day, and temperatures will slowly get colder. Days are warmed by the sun, but nights become quite cold. At higher altitudes, nighttime temperatures can drop to the teens or twenties (°F). Mornings usually start with a fleece or jacket, and you can add or remove layers during the day as needed.

Regards,
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