



● Trekking at a Glance

DURATION

11 Days

MAX ALTITUDE

5360 m

TRIP GRADE

Medium

BEST TIME

Feb – May, Oct – Dec

ACCOMMODATION

Tea house

THE OVERVIEW

Gokyo Lake Trekking is a very famous trekking destination for people from all over the world. This trek offers astounding mountain views and allows trekkers to experience the lifestyle of the world-famous Sherpa people living in the Everest region. During the trek, visitors can explore the beautiful Gokyo Lakes, including the famous fifth lake, enter Sagarmatha National Park, and visit old Buddhist monasteries along the trail. The 11-day Gokyo Lake Trek is designed for trekkers who are in good health with average physical fitness. The route provides a great opportunity to enjoy the natural beauty of the Everest region while...

01

Early morning fly from Kathmandu to Lukla 2840m and trek to Phakding 2610m

Early in the morning, you will fly from Kathmandu to Lukla, one of the most scenic mountain flights in Nepal. After arriving in Lukla, the trek begins with a gentle walk to Phakding through beautiful villages and along the Dudh Koshi River.

ALT: 2840 m HIKE: 3–4 hours MEAL: Breakfast, Lunch, Dinner

02

Phakding – Namche Bazaar 3440m

Today's trek follows the Dudh Koshi River and crosses several suspension bridges before entering Sagarmatha National Park. After a steady climb, you reach Namche Bazaar, the main trading center of the Everest region.

ALT: 3440 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

03

Namche Bazaar – Acclimatization Day

This day is for acclimatization to help your body adjust to higher altitude. You can explore Namche Bazaar, visit the local market, or hike to nearby viewpoints for beautiful views of Everest and surrounding peaks.

ALT: 3440 m MEAL: Breakfast, Lunch, Dinner

04

Namche Bazaar – Dole 4200m

The trail continues through beautiful forests and mountain paths with great views of the Himalayas. You will pass small settlements before reaching the peaceful village of Dole.

ALT: 4200 m HIKE: 6–7 hours MEAL: Breakfast, Lunch, Dinner

05

Dole – Machhermo

Today's trek gradually climbs through alpine landscapes with amazing mountain views. The trail leads to Machhermo, a small settlement located in the Gokyo Valley.

ALT: 4410 m HIKE: 4–5 hours MEAL: Breakfast, Lunch, Dinner

06

Machhermo – Gokyo

The trail continues toward the beautiful Gokyo Valley, passing glaciers and small lakes along the way. After reaching Gokyo village, trekkers can enjoy stunning views of the surrounding Himalayan peaks and lakes.

ALT: 4790 m HIKE: 3–4 hours MEAL: Breakfast, Lunch, Dinner

07

Early morning Hike to Gokyo Peak (5360m) back to Machhermo

Early in the morning, you hike to Gokyo Peak to enjoy incredible sunrise views of Mount Everest, Cho Oyu, Lhotse, and other Himalayan mountains. After enjoying the views, the trek descends back to Machhermo.

ALT: 5360 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

08

Machhermo – Mongla

The trek continues through scenic mountain trails and traditional Sherpa villages. Along the way, trekkers can enjoy beautiful landscapes and peaceful Himalayan surroundings.

ALT: 3973 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

09**Mongla – Manju**

Today the trail descends through forests and villages while enjoying mountain views. The route leads to the small village of Manju located near the entrance of Sagarmatha National Park.

ALT: 2835 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

10**Manju – Lukla**

The trek continues along the Dudh Koshi River and passes several Sherpa villages before reaching Lukla. This is the final trekking day of the journey.

ALT: 2840 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

11**Lukla – Kathmandu by aircraft**

After breakfast, you take a scenic flight from Lukla back to Kathmandu. The flight offers amazing aerial views of the Himalayan mountains and marks the end of the Gokyo Lake trekking adventure.

MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport picks up and drops to hotel
- Airport transfer
- Three meals a day (Breakfast, Lunch and Dinner) during the trek
- Soft drinks (Tea and coffee)
- Three night hotel in Kathmandu with breakfast
- Trekking lodge accommodations during the trek
- All the necessary trekking permits
- Transportation by aircraft to Lukla and back to Kathmandu
- English speaking guide with salary, food, drinks, accommodation, transport and insurance
- Strong and helpful porter (one porter for two people)
- Medical supplies (first aid kit available)
- Government taxes and official expenses
- Assistant guide for group size above 6 persons

- What's Not Included

- International flight
- Lunch and Dinner while in Kathmandu
- Nepal entry visa fee
- Personal expenses
- Drinking water and hard drinks
- Battery charging and hot shower during the trek
- Tips for guide, porter and driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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