

# Gokyo Lake Cho La Pass Trekking

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Gokyo Lake Cho La pass treks provide an excellent opportunity to see an eyeful of Mount Everest at close range. This trek is to be considered as an alternative trek to the traditional Everest Base Camp trek that offers a magnificent view of the mountain peaks and Ngozumpa Glacier.

The image of this region is associated with the magnificent view of the most popular mountain view of Nepal like Mt. Cho-Oyu (8153m), Mt. Everest (8848 m), Mt. Lhotse (8501m), Makalu (8463m) which are clearly visible from Gokyo Ri (5483m.) above Gokyo Lake. One of the most remarkable features of the trek is the view of the tremendous ice ridge between Cho Oyu and Gyachung (2922m) located in Khumbu region.

This extraordinary trek is also worthy in a sense that it offers an ample opportunity to explore the amazing destination and its impressive sight which is beyond human imagination.

## Itinerary

### **Day 01: Arrive Kathmandu & transfer to a Hotel**

Arrive Kathmandu & transfer to a Hotel. Evening briefing for the trip.

### **Day 02: Flight Kathmandu to Lukla start trek to Phakding (2640 m) 4-5 hrs**

Take an early morning flight to Lukla, the gateway town to the Everest trek. Flying for about 30 minutes enjoying a spectacularly beautiful view of the middle hills and mountains of Nepal, we will land at the airstrip of Lukla. Then we will meet our complete trekking crew at Lukla and proceed our trek for the day towards Phakding. After a three and half-hour trek on a gradual downhill trail, we reach the small village of Phakding on the bank of the beautiful Dudh Koshi River. Overnight at local lodge

### **Day 03: Trek Phakding to Namche Bazaar (3440 m.)5-6 hrs**

Heading uphill, we will enter into the Sagarmatha National Park after check-in at the counter. The park has a significant role to preserve the biological diversity and the rare found flora and fauna. Crossing the bridge at the confluence of the glacial Rivers, we have to cross again a high bridge. Gradually ascending, we reach to the heart of the Khumbu region, Namche Bazaar, which is also known as the Sherpa capital. The striking views of Everest, AmaDablam, and Kongde Ri offer a pleasing smile. Overnight at a local lodge.

### **Day 04: Acclimatize in Namche or optional day hike to Kunde and Khumjung villages.**

The memorable vantage of today is to get more information about this mysterious mountain marketplace. We set out for acclimatizing hiking around the Namche Bazaar, to the top of Namche and visit the Sherpa Museum. Take out your lenses to arrest the breathtaking panoramas of the AmaDablam, Tawoche, Everest, Kantega, Thamserku and the surrounding peaks and we hike up the Syangboche Airport (Old Airport) around Everest View Hotel. We drink tea/coffee at the Everest View Hotel. From this point, we can see rewarding views of the Himalayas with a stunning sunrise and sunset over the panorama of Khumbu peaks. If you are not too tired you can visit the biggest Sherpa village in Everest region, the Khumjung village where the Hillary school sits and Khunde nearby and back to Namche Bazaar. Overnight at a local lodge.

#### **Day 05: Trekking from Namche to Dole (4040m) 6-7 hrs**

Heading through the eastern edge of the hill, we climb up steeply through the rhododendron, birch and juniper forest. Passing various cattle grazing meadows and the tiny Sherpa settlements, we will reach the Dole. The view of Tawoche peak is dazzling. Overnight at a local lodge.

#### **Day 06: Trekking from Dole to Machherma (4410m) 6-7 hrs**

We begin the trek with a steady climb up to the scenic ridge. The panoramic views of Kangtega and Thamserku entice us and we reach Luza. Then we climb up to the hillside above the river to the settlement at Machhermo, near the juncture of the glacial streams. The Himalayan rescue hospital has been established here with the facility of basic treatment. Overnight at a local lodge.

#### **Day 07: Trekking from Machherma to Gokyo Lake (4750m) 5-6 hrs**

We begin the trek with a steady climb up to the scenic ridge. The panoramic views of Kangtega and Thamserku entice us and we reach Luza. Then we climb up to the hillside above the river to the settlement at Machhermo, near the juncture of the glacial streams. The Himalayan rescue hospital has been established here with the facility of basic treatment. Overnight at a local lodge.

#### **Day 08: After breakfast trekking to Gokyo Ri (4593m) to see Mt. Everest and back to Gokyo and overnight in Lodge .**

We will spend another day in Gokyo to acclimatize to the high altitude. If the weather is good, we climb Gokyo Ri today. From the top of Gokyo Ri we admire the Himalayan vista and the tranquil Gokyo lakes. We also hike to the fourth and the fifth Gokyo lakes. The 4th lake is only about 3km north of Gokyo. It is marked by high cliffs and Himalayan peaks rising above it. We continue walking a little further and reach the 5th lake. A climb up a nearby hill will guarantee us remarkable views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and

Makulu. We can see a lot more from here – the spot is called Scoundrel's Viewpoint. From the northern part of the 5th lake we see the Cho Oyu base camp and Ngozumpa Glacier which is the biggest glacier in the world. We will walk back to Gokyo to spend the night.

**Day 09: Trekking From Gokyo to Dole and stay in lodge. 4-5 hrs**

We descend on a trail along the Dudh Koshi River and pass the first Gokyo lakes. On the way we also enjoy views of the Cholatse and Taboche peaks. Our trail descends before climbing a hill. After reaching the chorten at the edge, we see great views of Thamserku, Cho Oyu, and Kangtega mountains. We will walk past Machhermo, Luza and Lhafarma villages before reaching Dole. Overnight in Dole.

**Day 10: Trekking from Dole to Namche Bazar and stay in Lodge. 5-6 hrs**

We descend on a steep trail to Phortse Thanga admiring rhododendrons, wildflowers and waterfalls. We also come across mountain goats, musk deer, pheasants, etc. From Mong, we can admire a good view of Khumbila peak. On our way to Namche the view of Taboche, Ama Dablam, Thamserku and Kangtega mountains are ours to admire. After walking for a while, we reach an intersection where the trail from Sanasa meets our trail. We walk on a trail that clings to a forested slope beyond Kyangjuma, winding through several bends. After reaching Namche army camp hill, we look back to see Lhotse, the tip of Everest and Tengboche for one last time. About a kilometer from here is Namche Bazaar. Overnight in Namche Bazaar.

**Day 11: Trek down from Namche to Lukla & overnight in lodge.**

We descend on a rocky trail and cross several suspension bridges before walking on a leveled trail. The air is warmer as we walk on the same trail to reach Lukla. Our trek in the mountain ends after we reach Lukla. We spend our time reminiscing about our time spent in the mountains. Overnight in Lukla.

**Day 12: Flight from Lukla-Kathmandu (25 Minute)**

We will take another beautiful morning flight back to Kathmandu by a fixed-winged aircraft. Saying a heartfelt goodbye to the majestic mountains after so many days of wonderful moments amongst them is quite difficult but we have to do it anyway. We will land at Kathmandu airport to feel the city air after so many days of wonderful and fresh mountain air. We are transferred to our hotel and left on our own to enjoy and relax. Overnight in a hotel.

**Day 13: Free day in Kathmandu**

Free day in Kathmandu or Optional trip to Bhaktapur Sightseeing.

**Day 14: Warm departure to your onward destination.**

Our representative will pick us up from your hotel and drop us off at the Tribhuvan International Airport three hours before our scheduled flight.