

Gokyo Lake Trek (Short)



Trip Overview

The **Gokyo Lake Trek** is a serene and less crowded alternative to the Everest Base Camp trek, offering breathtaking views of the Himalayas, turquoise glacial lakes, and dramatic landscapes of the **Gokyo Valley**. This trek is perfect for those seeking high-altitude beauty, fewer crowds, and a more peaceful experience in the **Everest region**, without visiting Everest Base Camp.

The journey begins with a flight to **Lukla** and follows the Dudh Koshi River through **Namche Bazaar** before diverging from the EBC trail. Trekkers pass through **Dole** and **Machhermo** to reach the tranquil alpine village of **Gokyo**, nestled beside a chain of sacred lakes. The main highlight is the sunrise hike to **Gokyo Ri (5,357 m)**, which offers arguably the best panoramic view of **Everest, Lhotse, Makalu, and Cho Oyu**—four of the world's highest mountains.

The Gokyo Lakes are part of the world's highest freshwater lake system, recognized for their natural beauty and spiritual significance. With its quieter trails and dramatic glacier views, this trek is ideal for photographers, nature lovers, and those seeking solitude at altitude.

Total Trip Days: 13 DAYS

Region: Everest Region

Max Altitude: 5545 meters

Activity: Trekking

Difficulty: Moderate to Fairly Challenging

Trip Highlights

- Trek to the pristine Gokyo Lakes, the highest freshwater lake system in the world
- Summit Gokyo Ri (5,357 m) for 360-degree views of four 8,000-meter peaks: Everest, Lhotse, Makalu, and Cho Oyu
- Experience a quieter, less crowded alternative to the main Everest Base Camp trail
- Witness the stunning Ngozumpa Glacier, the longest glacier in the Himalayas
- Explore remote highland villages like Dole and Machhermo
- Enjoy Sherpa culture, stone-built houses, and sacred alpine valleys
- Suitable for trekkers seeking solitude, photography, and high-mountain landscapes

Itinerary

Day 1:

At an arrival at the international airport we will be picked up and then transferred to the hotel. Check in at the hotel and stay Overnight.

Day 2:

Set off from Kathmandu in the early morning to catch the flight to Lukla. After short flight to Lukla we will trek down to Phakding. We fly from Kathmandu to Lukla a small airstrip high above the Dudh Kosi valley. After meeting our trekking crew and sorting out our gear we then begin the trek by descending to Chaunrikharka and heading up the Dudh Kosi valley to Phakding. Overnight stay will be at the Lodge in Phakding.

Day 3:

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond the Monjo lies the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then ascend up to Namche and along the way when the weather is clear we catch a first glimpse of Mt Everest in the distance. Namche is the main trading village in the Khumbu and has a busy Saturday market – a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Overnight will be at the lodge in Namche.

Day 4:

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu. It has an abundance of lodges, tea shops and souvenir shops. It is an ideal place to spend a rest day, acclimatizing to the new altitude before heading off towards Gokyo. Options for acclimatization walks include a visit to Khunde Hospital that was set-up by Sir Edmund Hillary. Around an hour walk up to the Everest View Hotel above Namche. From there we can watch the sunset over Ama Dablam, Nuptse, Lhotse and Everest. There are also good views from the National Park Centre and Museum just above the village. Overnight will be at the lodge in Namche.

Day 5:

The fourth day is a spectacular day in terms of scenery as we follow the main trail north out of Namche. A short climb to a crest reveals a wonderful view towards Everest and Lhotse. We follow this main trail for a while by passing many traders selling Tibetan handicrafts to a crossroads high above the Dudh Kosi. The trail to Everest drops down the hill but we turn off here and climb to cross the Mon La before reaching Phortse Tenga. From Phortse Tenga, the trail climbs steeply to Dole, through rhododendron and birch forest festooned with hanging mosses and lichens. Overnight stay will be at Lodge in Dole on full board basis.

Day 6:

From Dole then we climb steadily along the side of the valley where the rhododendron forests give way to scrub juniper as the altitude increases. The trail passes many summer settlements that are used when Yaks are taken to these pastures to graze in the summer months. Ahead of us are excellent views of Cho Oyu, while at the rear are the peaks of Kantega and Thamskerku. We will arrive at Machermo in time for lunch. Overnight stay will be at Lodge in Machermo on full board basis.

Day 7:

We head for the lakes at Gokyo and then we follow a very scenic path to Pangka and then descend slightly, following one of the rivers which flow down the west side of the Ngozumpa Glacier. We climb a steep rocky incline into the valley by the side of the glacier, passing the first of the holy lakes. We soon arrive at the second of the lakes, crossing the path which heads across the glacier to Cho La - our route to Lobuche and Everest, later in the trek. The third lake is known as Dudh Pokhari and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is breathtaking with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green waters. Overnight night stay will be at Lodge in Gokyo on full board.

Day 8:

Early in the morning we head to Gokyo Ri viewpoint. Gokyo Ri view point gives us an captivating view of the Himalayan ranges, glaciers and lakes. Return back to Gokyo and then trek back to Machhermo.

Day 9:

From Machermo to Namche we will be tracing the same way back. We will pass through the Dole, Phortse Thengka villages before we finally reach Namche.

Day 10:

Our final day's trekking follows the Dudh Kosi back down to Lukla. Overnight stay will be at the Lodge in Lukla.

Day 11:

After completion of our Everest Base Camp trek we will then head to Kathmandu. We will take a short flight back to Kathmandu and stay overnight. You can use the free time on this day on your disposal for personal activities.

Day 12:

It is a contingency day in Kathmandu as a precaution to the Lukla Kathmandu sector flight. As the flight to High Mountain regions are highly dependent on weather conditions there might cancellation in flights due to bad weather. So contingency day helps us to ensure we don't miss the international flight. This day can be used for personal activities, shopping and also some sightseeing around the monument sites of Kathmandu valley.

Day 13:

Our airport representative will help you with checkout procedure and then escort you to the airport for final departure from Nepal for your onward journey.

Route Map

13 Days

GOKYO LAKE TREK SHORT



ALTITUDE CHART

