



Global Adventure Trekking

A best holiday maker

Gokyo Lake Trekking

A high altitude trek to a valley to a east of Everest Base Camp. Excellent view of Everest, small lodges on the entire route and usually less trekkers than EBC trek. Gokyo lake trek is famous due to the scenery, 5 different lakes, Ngozumpa Glacier, spectacular mountain views from Gokyo Lake Everest, Cho oyu, Makalu and Lhotse all are above 8000m are visible at once.

Trip Fact:

Duration of the trip: 10 nights 11 days trek

Group Size: 2+

Specialty Categories: Hiking and Trekking.

Max. Elevation: 3870m.

Trek Grade: Moderate.

Best Season: Spring & Autumn.

Mode of transport: By air & car

Tour Customizable: Yes,

Type of accommodation: Tea house/
lodge accommodation.



Highlight:

- Sherpa Museum in Namche Bazaar
- Panoramic view from Syangboche, Sherpa culture in Khumjung village,
- World famous Buddhist monastery at Thyangboche,
- Grand view of the Everest, Choyu, Lhotse, Nuptse, and Ama Dablam.
- Global Adventure Trekking has a special package for this trek with daily itinerary.
- EBC trip information:

Day 01: Kathmandu-Lukla 30min flight

2780m.-Thade Koshi 1hrs.-Chiplung 2hrs.-Phakding 1hrs.2620m. Morning fly to Lukla and begins the trek through the Tamang and Sherpa village. Lukla is mostly inhabited my Sherpa tribes. The trail goes gradually flat to Phakding. Over night at Guest house. B.L.D.

Day 02: Phakding-Manjo 2hrs.-Namche

Bazaar 3hrs.(3440m). You are approaching to the himalaya closely. Viewing all mountain and pine forest and following the yak take you to



GPO Box: 8328, Thamel, Kathmandu, Nepal

Tel: +977 1 4700355, 4700356, Fax: +977 1 4700356

Email: gat@wlink.com.np, Website: www.globaladventuretrekking.com



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Namche Bazar. On the way you will have the first encounter of mount Everest, Amadablem, Themserku and many more. Over night at Guest House. B.L.D.

Day 03: Rest day in Namche for acclimatization Optional hike to Thame/Khumjung Monastery/Everest view Hotel. Over night at Guest house. B.L.D.

Day 04: Namche-Sanasha 1.5hrs. 3580m- Mongla Danda 2hrs. 3975m.-Phortse Thenga 2hrs. 3680m. Trek begins very easily first part then trail goes up hill to Mongla Danda which is on the top of the Hill. From here the Bouddhism was introduce into the Khumbu valley. Then descent about 300m to Phortse Thenga through the Bush. Over night at Guest House. B.L.D.

Day 05: Phortse Thenga-Tongba 2hrs.3950m- Dole 2hrs. 4100m- Machhermo 2hrs. facing with the dramatically rising peak through the old alpine and moss covered rhododendron in the first part. Then you will arrive at Tonga, which is abandon house and path goes gradually up to Dole. You are walking steep up out of the forest to an increasingly barren hillside cover with tundra grass land. We plan this itinerary to avoid AMS to our clients even though the accommodation is too basic. Over night at Phanga. B.L.D.



Day 06: Machermo-Gokyo lake 5hrs. 4750m. The ridge offers the shelter from the winds and goes through the rocky stone steps besides the small river. Along the way Cho Oyu and many Himalayan range appears in front. Pass the first lake Lonponga Tsho, Taboche Tsho and Dudh Pokhari arrive in Gokyo lake. Over night at Guest House. B.L.D.



Day 07: Gokyo Lake exploration day. We take you up to Gokyo Ri 5410m takes about 2.5hrs. This is the most remarkable view point of all Himalayan range including Cho Oyu, Everest, Lhotse, Makalu mountain. Back to Lodge for overnight. B.L.D.

Day 08: Gokyo lake to Dole 3.5 hrs Hiked down to Machhermo and Dole as the descent is more easy and faster and easily you can do it. B.L.D.



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Day 09: Dole-Namche Bazar. 6hrs walking. B.L.D. Path goes mostly descending through the alpine forest. Once pass Phortse Thanga the path goes steep up hill to Mohan Danda then east path to Namche through the ridge.

Day 10: Namche Bazar-Lukla 6hrs.
B.L.D. After the breakfast, descending to Manjo where we have to check out and walk through the Sherpa village and few times cross the suspension bridge over the Dudh Koshi and reach Lukla about 2 PM.

Day 11: Morning fly to Kathmandu and transfer to Hotel. After you mountain breakfast, Great half an hour mountain flight to Kathmandu over the Himalaya. Transfer to Hotel.



Cost Include(s)

- ✓ Sagarmatha National park Entry Permit.
- ✓ Kathmandu- Lukla-Kathmandu air ticket
- ✓ 4 nights hotel accommodation in 2 star level in B/B plan.
- ✓ Best available lodge Accommodation in the mountain
- ✓ Experienced English Speaking guide with equipment.
- ✓ Airport pick up and drop by private bus/Jeep/Car
- ✓ All the fooding and lodging and salary of guide
- ✓ TIMS (Trekker Information Management System)
- ✓ Kathmandu-Lukla-Kathmandu Air tickets.
- ✓ Standard breakfast Lunch and Dinner during the trek
- ✓ Insurance of Nepalese Staff.
- ✓ Gov't tax and VAT

Cost Exclude(s)

- Personal expenses and all kind of hot and Cold drinks
- Personal Insurance of clients, Tips, lunch & Dinner in Kathmandu
- Laundry, telephone, Internet and Personal equipments.
- Emergency evacuation by Helicopter
- Int'l Air ticket and Airport tax and custom clearance



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- Alternative transportation in case of bad weather Kathamndu-Lukla-Kathamndu.
 - Optional services if taken by clients.

Note-

Your safety is of paramount concern while travelling with Global Adventure Trekking. Please keep in mind that above itinerary is just the guideline, it might be customized if required. The weather could be change quite often in the Himalaya, we may have heavy rain fall or snow fall which caused flooding, land-slide and road blockage which is beyond the human control. We can't give any guarantee for natural disaster, weather condition, health condition of the group member and unexpected natural disasters. Our team leader/ group leader will try to ensure that the trek runs according to our original plan

⇒ Trek as an Individual, Private Group or Join a Scheduled Trek

Global Adventure Trekking specializes in organizing treks for individuals, couples, and small groups. You can trek by yourself as a private group on the date you select without paying extra, or you can choose to join a small group that is scheduled during your preferred time frame. We also now and then arrange groups on dates other than those shown on this schedule so feel free to contact us to inquire about other possible dates for group treks that you might be able to join.

⇒ Small groups with matching capability

Global Adventure Trekking limits groups to 8 persons and coordinates groups to insure compatibility and similar trekking capabilities, so that no one person in the group feels they are being held back or holding back other members of the group. Our sole interest is insure that each client can experience Nepal in the way that matches their interests and capabilities.

⇒ When are the Treks programmed?

Please see below the scheduled times for treks in 2014/15. If you would like to join one of these groups simply indicate your trek interest and preferred departure date when you contact us. If a group is shown as Closed (full) please check with us as we may be begins another group on or around that date that you could join.