

1. Trip Overview

Everest Gokyo Ri Trek Trip Notes:

- The trip lasts for around 13 days in total.
- Minimum of 2 people can travel in this route.
- Gokyo Ri Trek difficulty is graded as Moderate difficulty.
- The main destination will be Gokyo Lake.
- Highest altitude during trekking of Everest base Camp with Gokyo Ri will be at an altitude of 5554 m.
- The best season for travelling is the months from March to May and from October to December.
- Accommodations will be in hotels, lodges and the tea houses.
- Flight and the private vehicles are the means of Transportation.

More Attractions About Everest Gokyo Ri Trek :

- Thrilling and scenic flight to Lukla and back from there.
- Exploration till Gokyo Ri or Gokyo peak (5357 m).
- Stones houses made irresistible hamlet attracting the travelers.
- Longest glacier of whole Himalayas.
- Thrilling experience of challenging and smashing adventures.
- Colorful Rhododendron forest and the momentous caves.
- Explorations of Numerous mountains above 8000 meters in height.

Everest Gokyo Ri Trek trail provides the opportunity to explore the majestic panoramic views of Mt.Everest, Mt.Ama-Dablam, Mt.cho-oyu, Mt.Lhotse, Mt.Nuptse, Mt.Makalu, Mt.cholaste, Mt.Tawache, Mt. Gyachung kand and so on. Everest Gokyo Ri Trekking route can also be considered as the alternative trek to [Everest Base Camp trek](#) and is one of the most attractive, adventurous and thrilling trekking trails in the Khumbu region. Moreover, extremely large ice ridge between Cho Oyu and Gyachung Kang (7922 m) is another spectacular panoramic view of Gokyo Trekking and also the largest glacier of Nepal Ngozumpa glacier. The Gokyo Ri trek also leads through the Gokyo lake, Gokyo Ro and Machermo Base Camp and the Gokyo Ri trek route also provides the opportunity for memorable observation of landscapes through Khumbu region, Gokyo valley and Dudh Koshi river. Another exciting and thrilling adventure will be the experience of climb of Gokyo peak (5480 m) along the trail which also rewards with the wonderful scenery of Gokyo valley in Everest Base Camp via Gokyo Ri Trekking. Adding more, diversified flora and fauna with the colorful Rhododendron and Bamboo forests, amazing landscapes and warm hospitality of the local Sherpas with their culture and traditions are always the joyful rewards while travelling through Everest Base Camp and Gokyo lake trek route.

Everest Gokyo Ri Trek leads to biggest glacier in the himalayas, where several glacial lakes form by the melting of glacier are found. These glacier are filled with crystal clear water. Gokyo Ri trek is less difficult trek in Everest Region which provides perfect view of 4 of the highest mountain in the world and mountaineers are less likely to catch altitude

sickness. The visit to Sherpa Museum to experience Sherpa culture and tradition of these ethnic groups is most searched trekker activities. Mount Glory team offer this Unique path Trekking in comparatively affordable cost and with more securities in Everest Region. Our 13 days Gokyo Ri Trek is exciting from every aspect as trekkers find Gokyo Ri as dream come true.

2. Trip Includes

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- 03 Nights Twin sharing accommodation in 3 Star Standard Accommodation similar in Kathmandu; Breakfast included.
- All your standard meals during the trek (Breakfasts, Lunches and Dinners).
- Standard Accommodation While on trekking.
- Full day guided sightseeing of Kathmandu with well English Speaking Tour Guide.
- Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in Kathmandu and Lukla airport.
- English speaking Trek leader/Guide.
- Porters to carry your bags (1 porter for 2 guests).
- Food, Accommodation, salary, insurance and equipment's for all staff.
- Free Mount Glory Adventure T-shirt.
- Everest National Park permits and TIMS permit for trekking.
- All government, hotel and other applicable taxes.
- Farewell dinner in typical Nepali Restaurant with cultural dance show.
- Trip Completion Certificate And Token Of Love.
- Official expenses.

3. Trip Excludes

- International Airfare and taxes.
- Travel insurance which covers emergency Rescue and Evacuation.
- Nepal Entry visa (visa is obtained in Nepal Airport immigration on arrival. USD 25 per visa for 15 days, USD 40 per visa for 30 days and USD 100 per visa for 90 days. All the visas are multiple entry *visas. please carry 02 passport sized photograph for the visa.
- Lunch and Dinner in Kathmandu.
- All items of personal expenses.
- Tipping for guide, porters and drivers (Tipping is expected).
- Any other expenses which are not mentioned on 'Price Includes' section.

Note: Please bring 4 Passport size photos, copy of passport and travel insurance at Our First Meeting In Our Office.

4. Trip Itineraries

Day 1: ARRIVAL IN KATHMANDU(1,400M/4,593FT) AND PRE-TRIP MEETING.

Welcome And Namaste, Representative of Mount Glory will be receiving you at TIA (Tribhuvan International Airport).He will be displaying sign board Of Mount Glory outside the TIA terminal.Then,he/she will be transferring you to the respective hotel in private tourist vehicle.On the way to hotel he will be explaining you about the various services provided by Mount Glory Team.Then after reaching the respective hotel you will be freshing up and take some rest.In the same day we will be meeting in Mount Glory office discussing about the trip.At the same time we will be sharing our experiences about various mountains,landscapes,and beautiful sceneris across the himalayas for the another day tour.Then we will meet you with our experienced guide who will take you to the beautiful mountains.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1,400m/4,593ft

Meals:

Day 2: KATHMANDU VALLEY SIGHTSEEING TOUR AND PREPARATION FOR THE TREK.

The Kathmandu valley alone holds the four heritage sites that are listed under the UNESCO World Heritage Site list.Our tour guide will start the valley tour late in the morning with private tourist vehicle .You will be noticed about the various beautiful panaroma that are in the valleys,which includes the temple of Holy Pashupatinath,Swyambhunath,Kathmandu Durbar Square and Boudhanath.All of these site have been refered by the tourist visiting the valley.These famous world heritage sites are famous among the tourist visiting the kathmandu valley.Our Pashupatinath is the scared religious temple of Hindu.Similarly, the Monkey temple of swyambhunath is famous among Buddhist Pilgrimage,where you will be seeing the holy monks representing almost 90 Percent Tibetan Culture.The Durbar square of kathmandu holds the historic importance of Nepalese Monarcy.The rulers of ancient Nepal use to run the kingdom from the same durbar (palace).Also,the Boudhanath is the largest Buddhist mondala in the world.These historic monuments are representative of country's cultural and religious tenor.After the tour we will return back to hotel and stay overnight at the same hotel.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1,400m/4,593ft

Meals: Breakfast Included

Day 3: FLY TO LUKLA (2,800M/9,186 FT) AND TREK TO PHAKDING (2,652M/8,699FT).

Early in the morning for Lukla flight our guide will be taking you to TIA. Lukla airport is located on the hill, which contains single run way that drops off towards the end to the deep gaping valley below the mountain. Lukla is fascinating and the flight is thrilling adventure in itself, after arriving Lukla the change in the scenery is immediately felt. The mountains landscapes become quite prominent and the air carries a crisp freshness to it. From the Lukla the trail moves towards the Cheplung village. View of sacred Mount Khumbila from the valley at Cheplaung is beautiful. From there a gradual walk downwards leads to the village of Phakding. From phakding the site of Kusum Kangraru Mountain can be seen. The Dudh Koshi river in the north of Lukla where Phakding lies contains many guesthouses and lodges that cater to tourism and trekkers. We will have overnight stay at guesthouse with wonderful Dinner.

Trip Hours: 35 min flight And 2-3 hour Trek

Accommodation: Standard Trekking Lodge

Max Altitude: 2,800m/9,186ft

Meals: Breakfast, Lunch And Dinner Included

Day 4: PHAKDING (2,652M/8,699FT) TO NAMCHE BAZAAR (3,440M/11,283FT).

The second of the journey the trails lead you Namche bazaar by passing several Sherpa villages along the way with encountering smile people, their vibrant cultures, landscapes, forests. The trails ascend through the forests and bridges until reaching the meet point of the Dudh Koshi and Bote Koshi. About 2 hours steep climb; there is the first approach of Mt. Everest then continues to walk to Namche Bazaar the land of Sherpa.

Trip Hours: 5

Accommodation: Standard Trekking Lodge

Max Altitude: 3,440m/11,283ft

Meals: Breakfast, Lunch And Dinner Included

Day 5: NAMCHE ACCLIMATIZATION(3,440M/11,283FT).

Namche Bazaar is one of the most attractive settlements in the Khumbu region where we can have the beautiful view

of world tallest peak the Mt.Everest 8848m.The weather and natural beauties of Namche is heart warming.We will have a full day rest so that we won't face any problem ahead. Today we make a short acclimatization trek up to Khumjung, a delightful Sherpa village above Namche. You have full day leisure for wonderful panoramic view or stroll around the market You can also enjoy the splendid views of Everest, Ama Dablam, Thamserku, Nuptse, Lhotse, Tawche, and Kwangde and so on.The Everest view hotel lies at the top of Namche Bazar which is the hotel situated at the highest attitude.

Trip Hours:

Accommodation: Standard Trekking Lodge

Max Altitude: 3,440m/11,283ft

Meals: Breakfast,Lunch And Dinner Included

Day 6: Namche Bazar (3,440M/11,283FT) to Dole(4130m/13549ft).

The trek descends slightly towards the Sanasa and path Ascends upto Mongla 4000m.A Panaromic view of several peaks especially Ama Dablam is the main highlight of the day.On the journey from Namche Bazaar to Dole we get to see plenty of rhodendrons, pheasants mountain goats and musk deers. The uphill trail to Dole consists of long granite staircases built into cliffs.

Trip Hours: 5 hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4130m/13549ft

Meals: Breakfast,Lunch And Dinner Included

Day 7: Dole (4130M/13549FT) to Machhermo(4465m/14648ft).

Today we climb through scenic ridge higher than dole and then the path climb upto luza (4360m). The trail lead us to Machhermo after a climb along the side of the valley high above the river. The first Yeti sightings in the Khumbu region was reported in Machhermo in 1974.The trails goes through Thundering Dudhkoshi fleeting through some tiny hamlets and sandy Spurs to reach Machhermo.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4465m/14648ft

Meals: Breakfast,Lunch And Dinner Included

Day 8: Mechhermo (4465M/14648FT) to Gokyo Village (4791m/15718ft).

After breakfast we trek through scenic trail following one in all melt water course down the side of Ngozumpa ice mass. We then steeply climb upto rocky inclined into the facet of ice mass passing through holy lakes to reach Gokyo. The day is viewing mountains in addition to taking the terrific picture of valley and mountains. After we walk on foot 3-4 hours then we are able to reach Gokyo village where we can see unique culture and rituals of Sherpas.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4791m/15718ft

Meals: Breakfast, Lunch And Dinner Included

Day 9: Climb Gokyo Ri (5483m/17988ft) and descend to Machhermo (4465M/14648FT).

Early in the morning we have got a steep climb upto highest Gokyo Ri at 5483m. The highlight of our trek, the Gokyo Ri stands tall across the Dudh Phokri. It is a 2-3 hour steep climb to the top but truly rewarding. Once described as the best view point in Nepal Himalaya, the summit of the Gokyo Ri truly offers such a panorama of the mighty Himalaya that we can hardly believe we are not dreaming. Surrounding us are Kusum Kanguru (6367m), Cho Oyu (8153 m), Gyangchung Kang (7922m), Lhotse (8501m), Makalu (8475 m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamserku (6808m), Lobuche (6145m) and Mt Everest (8848m) and hundreds of other unnamed peaks. Later we follow our steps back towards Machhermo.

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5483m/17988ft

Meals: Breakfast, Lunch And Dinner Included

Day 10: Trek Machhermo (4,465M/14,648FT) to Namche Bazaar (3,440M/11,283FT).

We walk past Machhermo, Luza and Lhafarma villages before reaching Dole. Tracing our footsteps back on the trail we reach Dole and further following the Dudh Kosi and passing through rich sections Birds and rhododendron forests we reach Namche. We descend on a steep trail to Phortse Thanga admiring rhododendrons, wildflowers and waterfalls. We also come across mountain goats, musk deer, pheasants. On our way to Namche the view of Taboche, Ama Dablam, Thamserku and Kangtega can be seen.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 4,465m/14,648ft

Meals: Breakfast,Lunch And Dinner Included

Day 11: Trek Namche Bazar (3,440M/11,283FT) to Lukla (2,800M/9,186 FT).

The hike back to Lukla moves steeply downwards crossing suspension Bridges.Prayer flags,Mani stone walls,small Gompas lime the village and the trail.Dudhkoshi river gushes a beautiful ambience to the natural setting.Plains,pine and Rhodendron forests as well as beautiful snow covered peaks decorates the picturesque setting.After reaching Lukla we can just relax.We will celebrating the victory of trek as well.Overnight stay at Lukla.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 3,440m/11,283ft

Meals: Breakfast,Lunch And Dinner Included

Day 12: FLY FROM LUKLA (2,800M/9,186 FT) TO KATHMANDU (1,400M/4,593FT).

Our Trekking part of the journey ends with 35 min flight back to kathmandu.we can revel in the changing sites of landscapes on last time while on flight.After landing TIA in Kathmandu We will be transfer to the same Hotel where we will be staying overnight.On the same day we will be Honouring you by the Certificate of Trek completion as a Token of Love And Our company representative offer you Farewell Dinner.

Trip Hours: 30 Min Flight

Accommodation: 3 Star Standard Hotel

Max Altitude: 2,800m/9,186 ft

Meals: Farewell Dinner Included

Day 13: Final Departure.

Our Mount Glory representative will transport you to TIA around 3 hours before your scheduled flight from where you will Depart.

Trip Hours:

Accommodation:

Max Altitude:

Meals: Breakfast Included

Day 14: Gorakshep to Kalapattar(5550m).

Trip Hours: 5

Accommodation: The Dwarika's Hotel or Hyatt Regency

Max Altitude: 100

Meals: Hotel

Day 15: Hike to Kalapattar(5545m) and back to pheriche.

Trip Hours: 5

Accommodation: The Dwarika's Hotel or Hyatt Regency

Max Altitude: 100

Meals: Hotel

Day 16: pheriche to NamcheBazar

Trip Hours: 5

Accommodation: The Dwarika's Hotel or Hyatt Regency

Max Altitude: 100

Meals: Hotel

Day 17: Namche to Lukla

Trip Hours: 5

Accommodation: The Dwarika's Hotel or Hyatt Regency

Max Altitude: 100

Meals: Hotel

Day 18: Lukla to Kathmandu and transfer to hotel.

Trip Hours: 5

Accommodation: The Dwarika's Hotel or Hyatt Regency

Max Altitude: 100

Meals: Hotel

Day 19: Final Departure.

Trip Hours: 5

Accommodation: The Dwarika's Hotel or Hyatt Regency

Max Altitude: 100

Meals: Hotel

5. Trip Useful Info

Accommodations

Mount Glory will provide you standard Hotel in Kathmandu with twin sharing basis on BB plan.If the trekker is willing to have single room an additional charge of USD 50 per night is added.During the trek the travellers are provided with standard guesthouse where wooden beds with mattress and pillow are available.Trekkers have to shared the bathrooms and toilets in Everest Gokyo Ri Trek.You will be provided with teahouses,and luxury lounge that depends upon your demand.

Meals

We will provide you with standard breakfast on the same Hotel in Kathmandu.During the trek our guide will choose

hotel for hygienic lunch according to your request. Breakfast and evening meal are served on the hotel where you will stay overnight. Our meal includes typical Nepalese food, continental food, and Sherpa's menu on the trek. Meal will be provided on your request from respective menu from the hotel.

Physical Conditions

Trekkers should have proper health condition as he/she is trekking over 6-7 hours on moderate trekking routes. Mount Glory itinerary is designed for proper acclimatization for each day. Trekkers with poor physical condition, who are having lung-related diseases are requested to take medical supervision before the trekking.

Drinking Water

Water in the high mountain region may not be familiar with trekkers. So, you can buy hot water or mineral water in an affordable cost and trekkers have to carry water treatment system if you feel the water in the mountain is unhygienic. But normal drinking water is available easily during the trek.

Routes Maps

Routes maps will be provided to you by Mount Glory Team. This includes the minor itinerary of whole trekking with darkened routes. The trekking trail will be highlighted so one can easily find the trail route which makes the trekking interesting and easy.

Trekking Group Size

Mount Glory is organizing its trekking with a minimum of 2 trekkers who are provided with our guide and porter. If your group consists of more than 20 members we will split the group and manage our guide and porter accordingly. 6 travellers are provided with an experienced guide and a porter per 2 travellers to carry your belongings.

Transportation

Travellers are provided with tourist private vehicle while they are on Kathmandu. We will manage flight to Lukla and also flight back to Kathmandu from Lukla.

Luggage and Bags

Travellers can bring a maximum of 2 bags which include your day-to-day belongings like camera, clothes, sun screen glasses, etc. The bag which contains less needy things like sleeping bag, boots, or towels is carried by porters which shouldn't weigh more than 25 kg. If you are taking a flight then travellers have to pay USD 1 per kg if your luggage weighs more than 15 kg.

Guide And Porters

Mount Glory will provide you an experienced trekking guide who will guide you throughout the trek. You are provided with a porter who carries a maximum weight of 25 kg for 2 trekkers. Our guides are licensed from the Nepal Tourism Department who have knowledge about the trails and the community you will be staying with.

Travel Insurance

Trekkers should have International Travel Insurance of USD 10000 as Mount Glory is not responsible for any emergency rescue operation that may occur due to high altitude and medical case also injuries and food related health problem. We can only provide air ambulance service, Helicopters, and other rescue operation if travellers already have international travel insurance. We are responsible for accidental problem of Mount Glory staff.

Lukla Flight and Weather Condition

Weather in Lukla varies time to time which may delay your flight. We will manage alternative flight when weather condition is good for this trekkers should pay addition helicopter charter fee and also we may postpone your trekking for another day to the time weather get fine. So, trekkers are requested to have extra holiday of 2 days or more for good memory which will not be effected by weather condition and our team can vary the trekking schedule for fine weather day.

Communication System During Trek

Some places in the mountain have internet while some place don't. But our team can manage you internet facilities on your request for that you have to pay the internet bill. As, we trek high up in the mountain the signal receiver of communication office may not work at some places. So, you need to have some patience to get proper communication facilities.

Tips For Guide And Porter

Tips are not mentioned as compulsory but you can make your trekking friends from Nepal happy by their services by giving them tips and gifts. Minimum of 10 per tips is usual for guides and porters and you can also give as much as you like.

Best Time To Travel

March to May and September to November are the best month for trekking around the Himalayas. Trekkers can also make their trekking plan on winter month as our professional team can decide the perfect time in cold month as well.

Personal Expenses On Trek

Your personal expenses on the trek depends upon your expenses. You should have expenses for extra food and drinks besides Lunch, Breakfast and Dinner which our company can afford. Also, expenses for shopping gears, alcoholic drinks and entertainment expenses depends upon you. It may be about minimum of USD 500 or according to you. Your credit card is not accepted in the mountain so you need to have require cash in Kathmandu.

Itinerary and Changes

We have 13 days trek for Everest Gokyo Ri Trek. We can minimize or maximize your trek according to your wish and

request before starting the trek. In case of certain problem like attitude, tiredness, our guide can re arrange the scheduled on your request. If trekkers some group have some problem then he/she stop on the way with our experienced porter or assistant guide while other will continue their trek.

6. Contact Us

Phone Number: +977 9849856378

Email: sales@mountgloryadventure.com

We are located - Near to Bhagwati Mandir (5.6 km from Tribhuvan International Airport), Thamel Marg, Thamel, Kathmandu, Nepal.

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