

Duration: 15 Days

Grade: Hard

Max Altitude: 5357m / 17575 ft

FROM

Group Size: 2 - 15

Trip Code: TNC119

USD \$1440

PER PERSON

Trip Highlights

- Set out on the Gokyo Lakes Trek, a peaceful, less-travelled path compared to Everest Base Camp, ideal for nature enthusiasts and thrill-seekers.
- Savour a thrilling 30-minute flight to Lukla, touching down at one of the world's most exciting airstrips.
- Gaze at the turquoise Gokyo Lakes, the highest freshwater lakes, framed by the awe-inspiring Himalayas.
- Climb Gokyo Ri (5,357m elevation) for stunning views of Mt. Everest, Lhotse, Makalu, Cho Oyu, and the vast Ngozumpa Glacier.
- Dive into Sherpa traditions, wandering Namche Bazaar and quaint villages like Phakding, Dole, and Machhermo.
- Journey through UNESCO's Sagarmatha National Park, rich with wildlife, plants, and sacred Buddhist monasteries and mani walls.
- Admire the tranquil Dudh Koshi River, swaying suspension bridges, and colourful rhododendron forests on the way to Gokyo Valley.
- Feel the spiritual essence of the Gokyo Lakes, sacred to Hindus and Buddhists, especially during the Janai Purnima festival.

Overview

The Gokyo Lakes Trek is an unforgettable 15-day adventurous trekking journey in Nepal's Khumbu region, a quieter alternative to the busy Everest Base Camp trail. It blends breathtaking alpine views, deep Sherpa traditions, and the stunning beauty of six turquoise, glacier-fed Gokyo Lakes, nestled at 4,700-5,000m elevation in Sagarmatha National Park. Perfect for those craving solitude and majestic Himalayan scenery, this trek offers adventure, spirituality, and natural wonder.

Your adventure starts with an exhilarating flight from Kathmandu to Lukla, followed by treks through charming Sherpa villages like Phakding and Namche Bazaar, the lively heart of the Everest region. The trail meanders along

the Dudh Koshi River, past colorful prayer flags, ancient monasteries, and rhododendron forests, with chances to spot Himalayan tahr or rare snow leopards. Rest days in Namche Bazaar let you soak up Sherpa culture, visit historic Khumjung village, or glimpse Mt. Everest from the Everest Viewpoint.

The path splits from the EBC route at Kyanjuma, guiding you through quiet villages like Dole and Machhermo to the Gokyo Valley. Here, the dazzling Gokyo Lakes, including sacred Dudh Pokhari and Thonak Lake, shine beneath peaks like Cho Oyu. The trek's highlight is scaling Gokyo Ri, where a sunrise climb unveils a jaw-dropping view of Everest, Lhotse, Makalu, Cho Oyu, and the sprawling Ngozumpa Glacier, the Himalayas' longest.

This moderately tough trek demands solid fitness and mental readiness for high elevations and 5-7 hour daily hikes. Cozy Sherpa teahouses serve tasty local dishes and warm hospitality, making each stop a cultural gem. Whether drawn to the lakes' spiritual charm, the thrill of high-elevation hiking, or Nepal's untouched beauty, the Gokyo Lakes Trek delivers a life-changing adventure that captures the Himalayas' heart.

Day-by-Day Itinerary

Day 1 Arrival in Kathmandu and Drive to the Hotel

Max Altitude: 1400m/4553ft Distance: 6.4 KM Stay: 3-5* Star Hotel Meals: Welcome Dinner

Upon landing at Tribhuvan International Airport in Kathmandu, you will be warmly welcomed by a Mercy Holidays representative or your trek guide and transfer to the hotel. The short drive provides your first glimpse of the city—lively local markets, ancient temples, and bustling streets.

Kathmandu comes alive with a fascinating blend of tradition and modern life. Ancient stupas and temples rise gracefully amid vibrant streets, while prayer flags flutter in the breeze, offering a glimpse of the Himalayan adventure ahead. You may enjoy a leisurely stroll through the colorful Thamel area, browsing local shops and cosy cafés, or simply relax at the hotel as excitement builds for the trek.

In the evening, your guide will conduct a comprehensive trek briefing, review your gear, and answer any questions, followed by a welcome dinner to officially begin your journey.

Day 2 Fly to Lukla (2,850m elevation) and Trek to Phakding (2,610m elevation)

Max Altitude: 2850m Walking: 3-4 hours Distance: 145 km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

You hop on an exciting 30-minute flight from Kathmandu to Lukla's Tenzing-Hillary Airport. The plane glides over rugged Himalayan peaks. After landing, you start an easy 3-4 hour hike to Phakding. The path hugs the shimmering Dudh Koshi River. You cross suspension bridges draped with prayer flags.

Phakding greets you with warm teahouses and peaceful river views. The village sits in a lush, green valley. The gentle rush of the Dudh Koshi calms your soul. Rhododendrons bloom brightly in season. You settle into a cozy teahouse, enjoying hearty dal bhat.

Note:

We can arrange a direct flight from **Kathmandu to Lukla**, or from **Ramechhap to Lukla**, depending on flight availability and weather conditions.

Day 3 Trek from Phakding to Namche Bazaar (3,440m elevation)

Max Altitude: 3440m/11286ft Walking: 5-6 hours Distance: 11 Km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

After breakfast in Phakding, the trail follows the Dudh Koshi River, crossing several suspension bridges draped with colorful prayer flags. You'll pass through small Sherpa settlements such as Toktok, Benkar, and Monjo, where the Sagarmatha National Park checkpoint is located. Your guide will handle the permit formalities before continuing toward Jorsalle, the last village before the long climb to Namche.

After lunch at Jorsalle, the path follows the riverbank before ascending steeply through pine and rhododendron forests. As you approach Namche, you'll cross the iconic Hillary Suspension Bridge, one of the highest and most scenic bridges in the Khumbu region.

On clear days, you may catch your first glimpse of Mount Everest along the ascent — a truly inspiring moment! After a final push uphill, you'll arrive at the vibrant Namche Bazaar, the bustling trading hub and cultural capital of the Sherpa people.

Spend the evening exploring the lively streets, bakeries, and shops, or simply relax and enjoy the mountain atmosphere.

Day 4 Acclimatization Day in Namche Bazaar

Max Altitude: 3860m/12664ft Walking: Optional Distance: 5-6 km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

You spend the day acclimatising in Namche Bazaar, easing into the elevation. An optional hike takes you to the Everest View Hotel. Or, you visit Khumjung village, home to the historic Hillary School. You roam Namche's lively market, chatting with local Sherpas.

Namche overflows with cultural treasures and Himalayan charm. Prayer wheels turn softly in quiet corners. Colourful shops offer trekking gear and keepsakes. The Sherpa Culture Museum shares local stories. You unwind in a teahouse, marvelling at sweeping mountain views.

Day 5 Trek from Namche to Dole (4,200m elevation)

Max Altitude: 4,200 m / 13,779 ft Walking: 5-6 hours Distance: 11 Km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

After breakfast, begin your trek climbing out of Namche Bazaar along a scenic ridge with spectacular views of Ama Dablam, Lhotse, and Everest. The trail gradually ascends toward Kyangjuma, where routes diverge — one heading to Everest Base Camp and the other to the Gokyo Valley. You'll follow the Gokyo trail that gently ascends through rhododendron forests, home to musk deer and Himalayan pheasants.

From here, the trail climbs steadily through lush pine and birch forests toward Dole. As you gain altitude, the vegetation becomes sparse, and the air cooler. Upon arrival, enjoy the peaceful mountain setting surrounded by rugged hillsides and snow-capped peaks.

Day 6 Trek from Dole to Machhermo (4,470m elevation)

Max Altitude: 4,470 m / 14,665 ft Walking: 4-5 hours Distance: 7 km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

You hike 4-5 hours from Dole to Machhermo, climbing steadily higher. The trail boasts gorgeous views of Cho Oyu. You pass yak pastures and trickling streams, winding through alpine meadows. The air feels crisp as you ascend. Prayer flags light your path.

Machhermo, a tranquil high-alpine village, glows with calm. Snowy peaks tower grandly against clear skies. Teahouses offer warm welcomes and tasty local dishes. A nearby stream hums softly. You rest, lost in the Himalayan peace.

Day 7 **Trek from Machhermo to Gokyo (4,800m elevation)**

Max Altitude: 4,800 m / 15,748 ft **Walking: 4-5** **Distance: 7 km** **Stay: Mountain Tea House** **Meals: Breakfast
Lunch & Dinner**

You hike 4-5 hours from Machhermo to Gokyo, passing the First, Second, and Third Gokyo Lakes. The trail skirts the Ngozumpa Glacier's edge. Turquoise lakes sparkle beneath soaring peaks. You cross rocky paths and small streams. Gokyo village emerges by the third lake.

Gokyo captivates with its lakeside charm and Himalayan backdrop. The Third Lake, Dudh Pokhari, glows with sacred calm. Cozy teahouses serve warm meals along the shore. Cho Oyu rises dramatically nearby. You settle in, enchanted by the serene views.

Day 8 **Hike to Gokyo Ri (5,357m elevation) and explore Fifth Lake**

Max Altitude: 5,357 m / 17,575 ft **Walking: 5-6 hours** **Distance: 8-10 Km** **Stay: Mountain Tea House** **Meals:
Breakfast Lunch & Dinner**

You wake early for a 5-6 hour hike to Gokyo Ri, chasing a sunrise view. The summit unveils Everest, Lhotse, Makalu, and Cho Oyu. Optionally, you explore the Fourth and Fifth Gokyo Lakes. The path offers more stunning lake and glacier vistas.

Gokyo Ri's sweeping views amaze with giant peaks and vast glaciers. Sacred lakes shimmer in vibrant turquoise hues. The Ngozumpa Glacier stretches far below. You wander to the tranquil Fifth Lake, awed by nature's majesty. You return to Gokyo, uplifted.

Day 9 **Trek from Gokyo to Dole**

Max Altitude: 4,800 m / 15,748 ft **Walking: 6 hours** **Distance: 13 km** **Stay: Mountain Tea House** **Meals:
Breakfast Lunch & Dinner**

You hike 6 hours from Gokyo back to Dole, retracing the valley path. The descent feels lighter with familiar trails. You pass the Gokyo Lakes, seen from fresh angles. Alpine meadows and streams line your route. The scenery shifts with each step.

Dole's gentle charm welcomes you back warmly. Lush valleys and distant peaks paint a soothing backdrop. Teahouses serve warm meals and cozy beds. The quiet village feels like home. You unwind, reflecting on your adventure.

Day 10 **Trek from Dole (4,200m) to Tengboche Monastery (3,867m)**

After breakfast in Dole, descend along the trail through beautiful birch and rhododendron forests, passing small Sherpa villages such as Phortse Tenga. The trail offers mesmerizing views of Ama Dablam, Thamserku, and Kangtega, with the Dudh Koshi River flowing far below.

From Phortse Tenga, cross a suspension bridge and begin a steady uphill climb through pine forests toward Tengboche. Prayer flags flutter in the wind as you near the ridge, and soon the breathtaking sight of Tengboche Monastery appears against the backdrop of towering Himalayan peaks.

Upon arrival, visit the famous Tengboche Monastery, one of the most iconic and spiritually significant monasteries in Nepal. If time permits, you may attend the evening prayer ceremony — a serene experience as monks chant in the glow of butter lamps.

The viewpoint at Tengboche offers magnificent panoramas of Mount Everest, Lhotse, Nuptse, Ama Dablam, and Thamserku, making it one of the most scenic stops of the trek.

Day 11 **Trek from Tengboche Monastery (3,867m) to Monjo (2,835m)**

Max Altitude: 4,200 m / 13,779 ft **Walking:** 6-7 hours **Distance:** 13 Km **Stay:** Mountain Tea House **Meals:** Breakfast Lunch & Dinner

After breakfast, begin your descent from the serene **Tengboche Monastery**, where the morning chants of monks echo through the mountains. The trail descends steeply through rhododendron and pine forests toward the **Dudh Koshi River**, crossing a suspension bridge at **Phunki Tenga (3,250m)**.

From here, a short uphill climb leads to **Kyangjuma**, where the views of **Ama Dablam, Everest, and Lhotse** remain spectacular. Continue the trail toward **Namche Bazaar**, where you can stop for a lunch break while enjoying the lively mountain atmosphere one last time.

After lunch, descend steeply along winding trails through pine forests, crossing several suspension bridges over the Dudh Koshi River. You'll pass **Jorsalle** and re-enter the **Sagarmatha National Park checkpoint** before reaching the peaceful riverside village of **Monjo**.

Day 12 **Trek from Monjo (2,835m) to Lukla (2,850m)**

Max Altitude: 2,835 m / 9,301 ft Walking: 5-6 hours Distance: 13 Km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

After breakfast, begin your final day on the trail, following the **Dudh Koshi River** downstream through the familiar villages of **Phakding**, **Ghat**, and **Chaurikharka**. The trail includes a few short ascents and descents, crossing several suspension bridges and passing mani walls, chortens, and prayer flags that mark the spiritual essence of the Khumbu region.

Enjoy your last views of the surrounding hills and traditional Sherpa settlements as you take an unhurried pace toward **Lukla**. Upon arrival, check into your lodge and spend the afternoon relaxing, reflecting on your incredible Himalayan journey, and celebrating with your trekking team.

In the evening, you can enjoy a farewell dinner with your guide and porters, sharing stories and memories from your adventure in the Everest region.

Day 13 **Flight from Lukla to Kathmandu**

Max Altitude: 2860m/9383ft Distance: 138 km Stay: Mountain Tea House Meals: Breakfast

After an early breakfast, take a short and scenic flight from Lukla to Kathmandu, bidding farewell to the majestic mountains and the Everest region. During the flight, enjoy your final aerial views of the snow-capped Himalayas and deep valleys that have been your home for the past several days. Upon arrival at Tribhuvan International Airport, you'll be transferred to your hotel in Kathmandu. The rest of the day is free to relax, enjoy a warm shower, or explore the city's bustling markets, cafés, and cultural sites.

Day 14 **Buffer Day in Kathmandu**

Max Altitude: 1400m/4553ft Stay: 3-5* Star Hotel Meals: Breakfast / Fare Well Dinner

Keep this day free for **weather delays** or to enjoy **sightseeing around Kathmandu Valley**. Explore the cultural gems of **Bhaktapur** and **Patan**, where intricate wood carvings adorn ancient palaces and temples. Stroll through lively streets filled with colorful crafts, local snacks, and the vibrant energy of everyday life. Take the day to relax and reflect on your Himalayan adventure, preparing for your journey home.

In the evening, a **special farewell dinner** will be offered by **Mercy Holidays** to celebrate your unforgettable trekking experience.

Day 15 Fly Back Home

Meals: Breakfast

You head from your hotel to Tribhuvan International Airport for your flight home. The staff ensures a smooth send-off. You reflect on the Gokyo Lakes Trek's unforgettable moments. The Himalayas stay in your heart. You board, filled with gratitude.

Kathmandu's lively energy sends you off warmly. The city's temples and markets leave lasting memories. You carry tales of turquoise lakes and soaring peaks. The adventure lives on in your soul. You depart, forever changed.

What's Included

Cost Includes

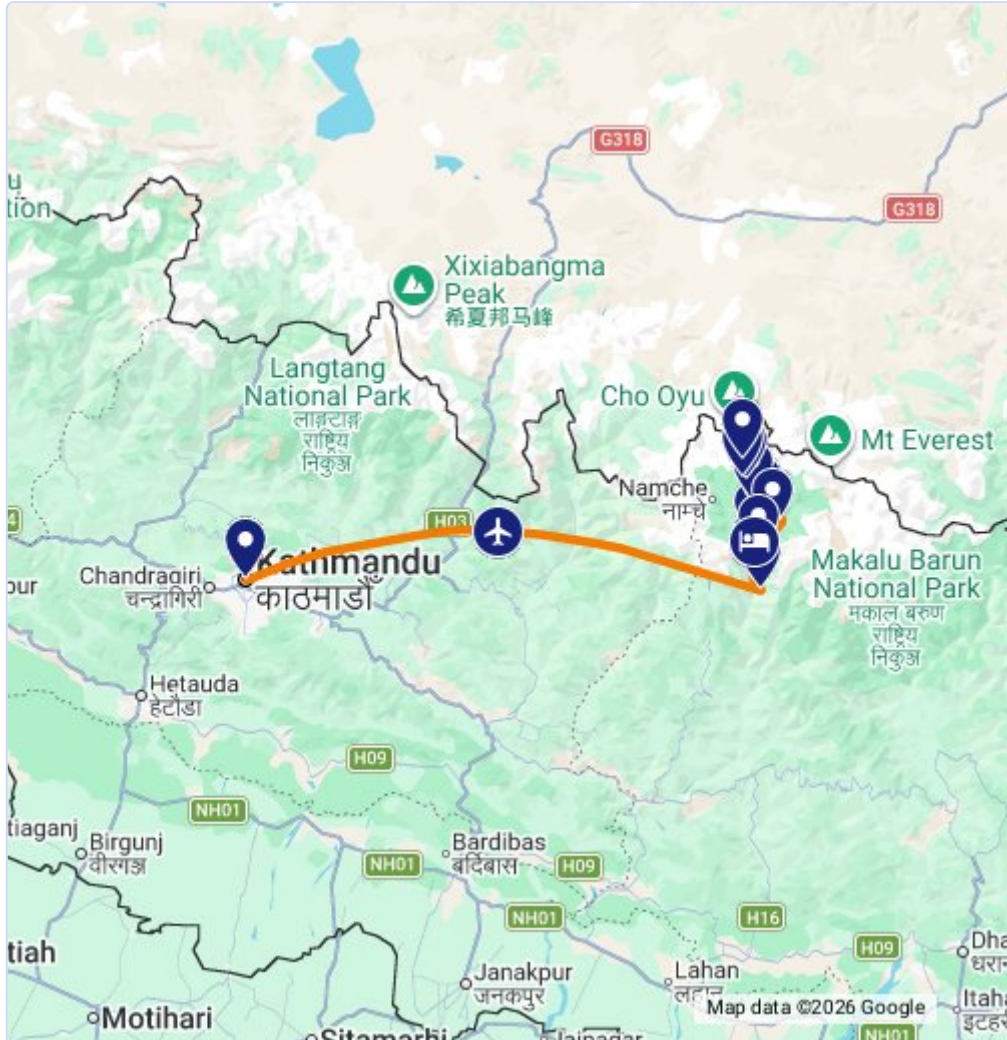
- Airport Transfers: Private pickup and drop-off for international and domestic flights.
- Hotel Stay in Kathmandu: 3 nights in comfortable 3-5★ hotels on a twin-sharing basis.
- Sightseeing Tour: Half-day guided city tour covering two major UNESCO World Heritage Sites in Kathmandu, including transportation, a professional guide, and entrance fees.
- Round-Trip Lukla Flights: Kathmandu-Lukla-Kathmandu (or Ramechhap-Lukla, depending on availability) with shared or private ground transfers.
- Special Meals: Welcome and farewell dinners before and after the trek.
- Meals During the Trek: All meals included — breakfast, lunch, and dinner — each served with a complimentary cup of tea or coffee.
- Trekking Accommodation: Comfortable teahouse lodging on a twin-sharing basis.
- Professional Trekking Team (staff wages, allowances, and insurance included):
- 1 licensed, English-speaking trekking guide

- 1 assistant guide for every 4 trekkers
- Porter service — 1 porter for every 2 trekkers
- Permits: Sagarmatha National Park Entry Permit and Local Khumbu VDC Permits.
- Trekking Equipment: Essential trekking gear, including sleeping bags, fleece liners, down jackets, raincoats, and crampons/trekking poles (must be requested at least one month before departure).
- Complimentary Items: Trekking map, duffel bag, T-shirt, and trek completion certificate.
- Safety Support: Comprehensive medical first-aid kit and trekking oxygen supply for altitudes above 4,000 m.
- Taxes & Service Charges: All government taxes and official service fees are included.

Cost Excludes

- Nepal Visa: Fee depends on duration of stay (15 / 30 / 90 days).
- International Airfare: All international flights to and from Nepal.
- Personal Expenses: Nepalese SIM card, internet, phone charging, hot showers, laundry, bakery items, fizzy drinks, alcohol, and other personal costs.
- Emergency Expenses: Medical examinations, horse rentals, helicopter evacuation, and rescue services.
- Staff Tipping: Voluntary but customary in trekking culture.
- Extra Nights: Additional accommodation in Kathmandu for early arrivals or late departures.
- Special Permits / Sanctions: Permits or letters of authorisation required for special filming, large drones, or professional filming equipment.
- Insurance: All-inclusive travel or medical insurance is mandatory but not included.
- Extra Porter / Assistant Guide: Available upon request at an additional cost of approximately \$25 per day.
- Optional Tours: Any optional sightseeing tours or activities during free time.
- Other Costs: Expenses arising from flight delays or itinerary changes.

Route Map



Trip Notes

Best Seasons for the Gokyo Lakes Trek

Planning the Gokyo Lakes Trek? The timing of your adventure makes a massive difference, not just in terms of scenery, but also safety, comfort, and the overall vibe of your journey. With high-altitude passes, glacier-fed lakes, and panoramic Himalayan views, choosing the right season is key to enjoying the trek to its fullest. While the Gokyo region remains accessible throughout the year, some months offer more favourable weather, clearer skies, and better trail conditions than others.

Here's how each season stacks up for trekking to Gokyo Lakes:

Spring (March to May)

Spring is one of the most pleasant times to trek the Gokyo Lakes route. Warmer temperatures and blooming rhododendrons brighten the lower trails, creating a vibrant landscape. Clear skies provide spectacular views of Everest, Lhotse, Cho Oyu, and the glistening Gokyo Lakes. With longer daylight hours, trekkers can move at a relaxed pace without feeling rushed. Although the trails see a moderate number of visitors, teahouses remain fully open and well-stocked. This season is perfect for nature lovers, photographers, and first-time trekkers looking to experience the Himalayas in full bloom.

Autumn (Late September to November)

Autumn follows the monsoon, bringing some of the clearest and most stunning mountain views in the Himalayas. The dry, stable weather makes it the safest season for high-altitude trekking. This period also coincides with major Nepali festivals like Dashain and Tihar, offering a unique cultural experience alongside the adventure. Cooler mornings and evenings create a cozy atmosphere in mountain lodges, ideal for unwinding after a day's hike. Due to its popularity, this season attracts many trekkers, so early bookings are highly recommended.

Monsoon (June to August)

The monsoon season is marked by heavy rain, making trails slippery and increasing the risk of landslides and flight delays. Frequent cloud cover often obscures the breathtaking mountain views, which can be disappointing for photographers and sightseers. On the upside, the forests are lush and vibrant, and the trails are less crowded, offering solitude for those who prefer quieter hikes. However, this season is generally suitable only for experienced trekkers who are prepared to face wet and challenging conditions.

Winter (December to February)

Winter trekking to Gokyo Lakes is a unique experience, perfect for those seeking solitude and snowy landscapes. The temperatures drop below freezing at night, and trails may be icy or snow-covered, requiring proper winter gear and trekking expertise. Some high-altitude lodges close for the season, so accommodation options become limited. Despite these challenges, the crystal-clear skies provide breathtaking views, and the lodges that remain open offer a warm, welcoming refuge for winter adventurers.

Food and Accommodation during the Gokyo Lakes Trek

Along the Gokyo Lakes Trek, you'll find cozy teahouses that provide a warm and welcoming refuge after each day's adventure. Generally, accommodations offer simple yet comfortable twin-sharing rooms, mostly with shared bathroom facilities. However, at larger stops like Namche Bazaar, private bathrooms are sometimes available for a small additional fee. The lodges are typically clean and well-maintained, with friendly local staff who ensure your stay is both restful and pleasant.

When it comes to food, the menus offer a delicious mix of traditional Nepali and Tibetan dishes, thoughtfully designed to keep you energized throughout your journey. You can expect staples like dal bhat (rice and lentil soup), savory momos (dumplings), and freshly baked Tibetan bread. In addition, many teahouses serve eggs, pasta, noodles, and simple Western dishes to cater to diverse preferences. Moreover, tea, coffee, and safe drinking water are widely available, usually for a small fee or through purification methods.

Although the food remains hearty throughout the trek, it's important to note that as you ascend to higher elevations, meal variety and ingredients may become more limited due to supply challenges and harsher weather conditions. Nevertheless, the comforting meals paired with warm Himalayan hospitality make for a memorable and satisfying dining experience on this remarkable trek.

Transportation for the Gokyo Lakes Trek

The trek starts with a 30-minute flight from Kathmandu or Manthali to Lukla's Tenzing-Hillary Airport. Peak seasons may use Manthali due to Kathmandu's air traffic. The flight reveals stunning Himalayan vistas and a thrilling landing. Return flights link Lukla to Kathmandu. In Kathmandu, private vehicles handle airport transfers and tours. Flight delays are possible, so a buffer day helps.

Preparation Tips for the Gokyo Lake Trek

Trekking to Gokyo Lakes at 5,357m elevation tests your physical and mental strength. The remote Himalayan trail demands acclimatization and preparation. Whether new or experienced, prepping your body and mind ensures a safe, fun journey. Good planning lets you fully enjoy the lakes and peaks.

Here are key tips for the Gokyo Lake Trek:

- Train 6-8 weeks early, focusing on cardio, leg strength, and stamina. Stair climbing or uphill walking helps.
- Practice multi-day hikes with a backpack to get used to trekking conditions.
- Break in trekking boots early to avoid blisters on the trail.
- Learn about altitude sickness, its symptoms, and how to handle them.
- Stay hydrated and eat well to ease elevation challenges.
- Use acclimatization days to rest and take short hikes for adjustment.
- Pack light, layered clothing for changing Himalayan weather.

- Build mental toughness for unexpected weather or flight delays.
- Talk to a doctor about health conditions and altitude meds like Diamox.

Gokyo Lake Trek Packing List

Clothing

- Thermal base layers (tops and bottoms).
- Warm fleece or down jacket.
- Waterproof jacket and pants.
- Trekking pants and moisture-wicking t-shirts.
- Warm hat, sun hat, inner and outer gloves.
- Wool socks and underwear.
- Scarf or buff for dust protection.

Personal Items

- Sleeping bag (rated for -10°C or lower).
- Quick-dry towel and eco-friendly toiletries.
- Sunscreen, lip balm, and moisturizer.

First Aid & Health

- Personal medications and Diamox for elevation.
- Painkillers, antiseptic cream, band-aids, blister kits.

- Water purification tablets or a filter.

Electronics & Documents

- Headlamp with extra batteries.
- Power bank, adapter, and charging cables.
- A camera or a phone for capturing memories.
- Passport, permits, travel insurance, and copies.

Book the Gokyo Lake Trek with Mercy Holidays! (Link)

Trekking to Gokyo Lakes isn't just a trip; it's a life-changing experience. With shimmering lakes, soaring peaks, and warm Sherpa villages, this adventure leaves lasting memories. Mercy Holidays ensures a safe, joyful journey with expert guides and careful planning. Reach out or visit our office in Maharajgunj, Kathmandu, to book today!

FAQ

How long is the Gokyo Lake Trek?

The Gokyo Lake Trek spans 11-14 days, covering arrival, departure, rest days, and a buffer for weather delays. This pace ensures safe climbing, especially for the high-elevation Gokyo Ri ascent.

Is prior trekking experience required for the Gokyo Lake Trek?

It's not required, but it helps. Past high-elevation hikes prepare you for the physical and mental demands. Fit hikers with training can thrive.

How difficult is the Gokyo Lake Trek?

The trek is moderately tough, with steep climbs and high elevation up to 5,357m at Gokyo Ri. Good fitness and prep are key.

Is the Gokyo Lake Trek safe?

Yes, with careful acclimatization, a skilled guide, and planning, it's safe. Elevation sickness and weather shifts need caution and awareness.

Do I need permits for the Gokyo Lake Trek?

Yes, you need two permits: a Sagarmatha National Park Entry Permit and a TIMS card. Your trekking agency usually handles these for you.

What is the highest point of the Gokyo Lake Trek?

Gokyo Ri, at 5,357m elevation, is the highest spot. It offers epic sunrise views of Everest, Lhotse, Makalu, and Cho Oyu.

What type of accommodation is available?

Teahouses provide simple twin-sharing rooms with shared bathrooms. Namche Bazaar may offer private bathrooms for an extra cost. Lodges are clean and cozy.

Can I charge my devices along the Gokyo Lake Trek?

Yes, teahouses offer charging for a small fee. Solar power is limited, so pack a power bank for consistent device use.

Is Wi-Fi available?

Wi-Fi is available in Namche Bazaar and Gokyo for a fee. Signals are weak at higher elevations, so expect spotty access.

What's the food like on the Gokyo Lake Trek?

Meals are filling, with dal bhat (unlimited refills), momos, pasta, rice, and Tibetan bread. Choices get simpler at higher elevations.

What's the risk of elevation sickness?

Moderate to high risk above 3,500m elevation. Rest days, hydration, and slow pacing help. Watch for headaches, nausea, dizziness, and seek medical attention if worse.

Do I need a guide or porter?

Solo trekking is okay, but a guide is wise for navigation and safety. Porters lighten your load and support local families.

How cold does it get?

Nights in Gokyo can hit -10°C to -15°C (14°F to 5°F) in autumn or winter. Pack thermal layers and a four-season sleeping bag.

Can I do the trek solo?

Yes, but be cautious. Trails are clear, but high-elevation areas like Gokyo Ri demand navigation skills and self-reliance.

What's the emergency evacuation process?

Helicopter evacuation is the main option for emergencies. Ensure travel insurance covers trekking above 5,000m elevation with airlift and medical care.

