Gokyo Lake and Gokyo Ri Trekking- 15 Days (all-inclusive)

3 Star Hotel Package

2160USD per person

*Including healthy meals

5 Star Hotel Package

2360USD per person

*Including healthy meals

Trip Style: City Tour & Hiking

Trip Difficulty: Hard

Gokyo Trek – A Scenic and Serene Alternative in the Everest Region

The Gokyo Trek is one of the most beautiful and increasingly popular trekking routes in Nepal, offering breathtaking alpine scenery, tranquil turquoise lakes, and panoramic views of the Himalayas. Located in the Khumbu region—also known as the Everest region—this trek provides a quieter, less crowded alternative to the traditional Everest Base Camp trek, while still showcasing some of the most iconic peaks in the world.

Gokyo Valley and Gokyo Lakes

The **Gokyo Valley** is home to the breathtaking Gokyo Lakes, a series of high-altitude glacial lakes nestled amid the Himalayas. The most popular is Dudh Pokhari, located at around 4,790 meters, beside the peaceful **Gokyo Village**. Surrounded by snow-capped peaks, the lake offers a serene and stunning landscape that attracts many trekkers. While Dudh Pokhari is the most visited, the entire system includes six main lakes, each offering unique beauty and tranquility.

Where the Gokyo Trek Begins

The trek typically begins with a thrilling flight from Kathmandu to Lukla, a small mountain airstrip perched at 2,860 meters (9,383 feet). From Lukla, the trail initially follows the same route as the Everest Base Camp trek, passing through villages like Phakding and Namche Bazaar. However, after reaching Kyangjuma, the trail splits:

- The right path continues towards Everest Base Camp.
- The left path leads trekkers into the stunning and less-traveled **Gokyo Valley**.

Gokyo Ri – The Best Viewpoint in the Everest Region

Another major highlight of the **Gokyo Valley Trekking experience** is the early morning hike to Gokyo Ri (also known as Gokyo Peak), which stands at an impressive 5,360 meters (17,585 feet) above sea level. The summit offers one of the best panoramic vistas in the entire Himalayas. An early morning hike to its summit rewards trekkers with an unforgettable panoramic view of the Himalayas. From the top, you can see four of the world's highest mountains—Mount Everest at 8,848 meters (29,029 feet), Lhotse at 8,516 meters (27,940 feet), Makalu at 8,485 meters (27,838 feet), and Cho Oyu at 8,188 meters (26,864 feet)—rising majestically above the clouds. The dramatic expanse of the Ngozumpa Glacier, the longest in the Himalayas, stretching approximately 36 kilometers (22 miles), also unfolds below, adding to the breathtaking scenery.

Why Choose the Gokyo Trek?

- Less crowded than the Everest Base Camp route, offering a more peaceful trekking experience
- Unrivaled mountain views from Gokyo Ri, often considered better than Kala Patthar
- Stunning glacial lakes that provide unique photo opportunities and a meditative atmosphere
- Opportunities to witness Sherpa culture in remote, traditional villages
- A chance to explore Ngozumpa Glacier, the largest glacier in the Nepal Himalayas

7 Compelling Reasons to Trek Gokyo Valley with Mountain Sherpa Trekking

1. **Premium Stays for Maximum Comfort:** Start and end your adventure in style with stays at top-rated 4-star or 5-star hotels in Kathmandu. Along the trail, rest easy in the region's finest mountain lodges—featuring hot showers, attached bathrooms, and clean Western-style toilets to keep you refreshed at high altitudes.
2. **Freedom to Choose What You Eat:** Unlike fixed-meal group treks, you'll enjoy the freedom to pick your favorite dishes from the lodge menus every day. This ensures a more hygienic, flexible, and satisfying dining experience throughout your journey.
3. **Thoughtfully Curated Trekking Experience:** Benefit from nearly three decades of Himalayan expertise. Our Gokyo Valley itinerary blends well-paced trekking days with rich cultural encounters in Kathmandu—perfectly balancing adventure with insight.
4. **Trek Your Way—Full Flexibility:** Need extra days? Prefer to adjust the route or hotel class? No problem. We offer full customization so your trek matches your schedule, preferences, and fitness level—down to the last detail.
5. **Knowledgeable & Friendly Sherpa Guides:** Our seasoned Sherpa trekking leaders are more than guides—they're your mountain companions. Born and raised in the Himalayas, they ensure your trek is safe, paced just right, and filled with insight into local life.
6. **True Local Connection:** As a fully Sherpa-owned and operated company, we don't just operate in the Khumbu—we are from the Khumbu. Your trip supports local communities directly while offering you an authentic Sherpa cultural experience.
7. **Exceptional, Personalized Support:** With 27+ years of industry experience, we pride ourselves on offering responsive, tailored service. From planning to the trail itself, you'll be treated like family—never just a booking.

DURATION: 15 days

Trip Facts

Trek Region
- Everest Region Nepal
- Gokyo Valley/Gokyo Peak

Maximum Altitude
- Gokyo Ri/Peak
- (5,357 meter/17,575 ft)

Trip Durations
- 14 Nights/ 15 Days
- Kathmandu To Kathmandu

Suitable For
- Couples, Family Or Friends
- Solos Private Trek

Accommodations
- Luxury Hotels In City
- Best Sherpa Lodge in Trek

Meals
- Daily Breakfasts In City
- All Meals during Trek

Service Level
- Reliable & friendly service
- Authentic sherpa guide

Best Time to Travel
- February-May
- Mid September- December

ITINERARY

Day 01:: ARRIVE KATHMANDU, NEPAL- Transfer to luxury city hotel

If the sky is clear while you are flying into Kathmandu, you will get a glimpse of your upcoming vacation from the sky itself. The beautiful sights of snow-capped mountains surrounding the Kathmandu Valley from the windows of your jet will give you the first thrills of your just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come.

Mountain Sherpa Trekking office representative and driver will be on standby to meet and greet you at the exit terminal of the airport. They will drive you to your designated hotel in a private vehicle arranged by us. Our representative will help you check into your designated hotel, and after going to your rooms, you can get refreshed and rest for some time. Next, you will be briefed about our daily activities.

You can roam around the neighborhood in the remaining time and get familiar with the surrounding. We will have a small meeting with our senior guide in the evening who will brief the details about our upcoming trekking expedition. It's your first night in the ancient city of temples, probably the most beautiful one.

Day 02:: KATHMANDU - City Tour and Trek preparation-Hotel

After having a delicious and healthy breakfast in the morning, we move out for our guided half-day city tour of Kathmandu valley. Our first destination is Boudhanath Stupa which is considered the largest stupa in the world. This place is the significant center for Tibetan culture in Kathmandu. Also, this place is listed as a cultural world heritage site by UNESCO. This giant Buddhist Stupa is an important pilgrimage center for Buddhist people. There are various interesting stories behind the establishment of the Stupa.

Our next destination is Pashupatinath Temple, one of the most important pilgrimage sites for Hindus. This temple is dedicated to the Hindu deity Lord Shiva and is one of the most important holiest Shiva temples in Nepal. You can roam around the temple and explore the beautiful and sacred areas surrounding the temple. Also, you can witness the Hindus death rituals on the bank of the Bagmati river beside the temple. Pashupatinath temple is an outstanding place to have a close insight into the rich spiritual and cultural life of Nepali people.

We then wrap up our cultural heritage tour and return to our hotel. You can get refreshed, or maybe do some shopping. We will have an early supper and retire to bed to have a proper rest before starting our trekking journey.

Day 03:: FLY TO LUKLA -Trek to Phakding (2,652m 3-4 hrs. Lodge

Height: 2,800m/9184ft (Lukla) and 2,652m/8,698ft (Phakding) **Flight time:** 35-minute **Trekking Distance:** 8km (3-4 hours) *

We wake up early today, get freshen up, and have a delicious and healthy breakfast. Our vehicles will be ready to drive you to the domestic terminal of Tribhuvan airport. We take an early morning flight from Kathmandu to the Hillary airport **Lukla (2800 m/8698 ft).** It takes around 30-35 minutes to reach Lukla by flight.

It is one of the most adventurous and scenic flight journeys which will give you a close view of marvelous peaks covered with white snow. It is one of the most beautiful sky routes in the world which has a thrilling landing on a hillside surrounded by various high mountain peaks.

We meet other crew members upon arrival at Lukla. We do some sorting, packing, and arranging our bags properly before starting our trekking journey to Phakding. We begin our trek on the trail beside the Dudh Koshi river. We walk several up and downhill, through beautiful green forests and charming villages of Lukla until we reach Phakding. We hike for about 3-4 hours today. We hike for a shorter time today to have better acclimatization. If interested, you can take a side trip to a nearby monastery or enjoy the beautiful surroundings of Phakding. We will spend our night at a teahouse or Guesthouse in Phakding.

Day 04:: Trek to Namche Bazaar (3,440m/ 11,280ft)-Best Local Lodge

Height: 3,440m/11,283ft **Approx. Trekking distance:** 10 km (5-6 hours)

We start our trek early in the morning after breakfast at Phakding. We hike today for about 5- 6 hours. We walk across a few uphill and downhill, beautiful pine forests and cross multiple suspension bridges over the Dudh Koshi river. We enjoy the fantastic views of Thamserku (6618m) at first on our trail.

We reach the check post and entrance of Sagarmatha National park walking through the settlements of Benkar, Chumoa, and Monjo. We get our trekking permits checked for the record. Next, we have a gradual uphill hike through the last village Jorsale before finally reaching Namche Bazaar.

We walk on the trail through the forests and bridges; we reach the confluence of Dudh Koshi and Bhote Koshi rivers. As we hike uphill towards the Namche Bazaar, we get our first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. We stop at Chautara to enjoy and admire the close view of Everest and various other mountains. We still need to hike for about 1.5 hours to reach the picturesque village Namche Bazaar, the gateway to Mount Everest and the main trading center of this region. Overnight in Namche [Las Vegas of the Khumbu].

Day 05:: Hike to Kunde & Khumjung Village visit Everest view hotel

Max. Height: 3790 meters / 12435 feet

This is our first acclimatization day. It is necessary to acclimatize appropriately to allow your body to adjust to the height and environment. For better acclimatization, we hike a few hundred feet upward today. We visit the tourist center near the Sagarmatha National Park headquarters. We can learn about the history of Everest ascenders. Also, we can get a close insight into the beautiful local Sherpa culture and flora and fauna of the Everest region at this museum.

We can also hike up to the Khumjung and Khunde sherpa village and climb up to the famous airstrip at Syangboche. You can locate the famous Everest view hotel just above the airstrip. Everest View Hotel is a Japanese-designed deluxe hotel at the most exotic location with great views of some of the highest peaks of the world from the hotel itself.

The Khumjung valley is located between the snowy peaks of Kongde and Thamserku. We visit Edmund Hillary School which is situated in the Khumjung valley. After enjoying lunch and spending some time in Syangboche, we descend to Namche Bazaar.

Day 06: : Trek to Phortse Thanga (3,680m/12,073ft)-Best Local Lodge

Max. Height: (3,680m/12,073ft) **Approx. Trekking Distance: 5.6** km (3-4 hours)

We have our early morning breakfast before we start our trekking journey to Phortse Thanga. We walk on the trail which climbs steeply from the valley and passes through beautiful rhododendron forest. The views of the path go mesmerizing in the spring season with the blooming of rhododendron. The trekking trail passes through some summer settlements and Yak Kharkas before finally reaching the beautiful village Phortse Thanga. We enjoy the incredible and magnificent views of Tawache and Khumbu la throughout the day on the trail.

Phortse Thanga is a beautiful village which is located in the middle of the hills above the river valley and is surrounded by pine and rhododendron forests. Overnight stay at Phortse Thanga.

Day 07: : Trek to Machhermo (4,470m/14,665 ft- Best Sherpa Lodge

Max. Height: (4,470m/14,665 ft) **Approx. Trekking Distance: 7** km (4-5 hours)

We start our trek to Machhermo after having breakfast at Phortse Thanga. The trekking trail begins with a stiff

climb and then levels out. We will be able to enjoy the fabulous views of valleys and mountains on all the sides of the trekking trail. It takes about 4 hours to reach Machhermo from Phortse Thanga. We reach Machhermo walking through the hillside above the Dudh Koshi river and passing through sandy spurs and some small hamlets. This village is the last major settlement area on the trail of the Gokyo trek. Overnight at Machhermo.

Day 08: : Rest day at Machhermo (14,665 ft) for optimal acclimatization.

We have this day as a resting day in **Machhermo**. Machhermo is a great place to enjoy the beautiful views of high peaks and valleys. It is a small village in the Khumbu region. For better acclimatization, we can hike around the village or a few hundred feet above the village exploring the views of various peaks. It will be helpful for our body to adjust to the elevation and the environment. Also, we can enjoy the local lifestyle and culture of the Sherpa peoples of this village. Overnight at Machhermo.

Day 09:: Trek to Gokyo (4,790 metres /15,720 ft)-Best Sherpa Lodge

Max. Height: (4,790 metres /15,720 ft) **Approx. Trekking Distance: 6** km (4-5 hours)

We hike to the beautiful location of Gokyo today. We start our hike with an uphill walk through a ridge enjoying the stunning views of the Himalayas. We walk through a glacial moraine before finally reaching the Gokyo village situated beside the lake. It takes approximately 4 hours to reach Gokyo from Machhermo.

As we climb up, the eye-catching views of peaks such as Everest, Lhotse, and Makalu slowly come into view. We can explore the beautiful Gokyo village and enjoy the incredible views of the serene lake. Overnight at Gokyo.

Day 10: : Hike Gokyo Ri (5,357m) & back to Machhermo – Sherpa Lodge

Max. Height: (5,357m /17,575 ft) **Approx. Trekking distance: 9** km (6-7 hours)

We wake up early in the morning and climb up to the Gokyo Ri. It takes around 3-4 hours to climb the Gokyo Ri as it is a steep up climb. The reward of this steep up climb is the stunning and incredible views of beautiful Gokyo valley and the massive Ngozumpa glacier. You can also enjoy the fantastic and panoramic views of the entire Khumbu valley Himalayas such as Everest, Nuptse, Lhotse, Makalu, Cho-Oyu, and many more. It is said the views of the Himalayas from the Gokyo Peak are better than the views of Kala Patthar. Our trip to Gokyo peak will be unforgettable and will be fresh in the memories for a lifetime.

After spending some time on the peak and enjoying the fabulous views, we come down to the Gokyo village. We have our lunch and descend to Machhermo. We will spend overnight at Machhermo.

Day 11: : Trek to Namche Bazaar (3,440m/11,283ft)-Best Sherpa Lodge

Max. Height: (3,440m/11,283ft) **Approx. Trekking Distance: 11** km (6-7hours)

We descend down to Namche Bazaar from Machhermo today. The trekking trail slowly descends to the Dole with the fantastic views of Khumbila and Tawache peaks. The trail goes steeply through the rhododendron and pine forests to Phortse Thanga. Next, the trail ascends steeply to Mongla Danda and then descends to Kyanjoma. We reach our destination Namche Bazaar following several up and downhill hike enjoying the fantastic views of mountains and valleys. Overnight stay at Namche Bazaar.

Day 12: : Trek to Lukla(2,800m/9,184 ft) - Best Local Sherpa Lodge

Max. Height: (2,800m/9,184f ft.) **Approx. Trekking distance: 13** km (7-8 hours)

We begin our trek down to Lukla after having breakfast at Namche Bazaar. It would be a steep downward walk of about 1 hour through rocky terrain. The trail becomes more comfortable and natural after crossing the suspension bridges over the Dudh Koshi river. The cold breeze gets us warmed up.

Though we are trekking down the same route, we will be enjoying different views. We walk through beautiful Sherpa villages, open plains, rhododendron, and pine forests with views of snow-covered peaks at a distance.

We take time and walk at our own pace today as this is the last day of our trek. We experience the Sherpa villages' profound faith in Buddhism and the culture of prayer stones and prayer flags while we walk through the villages. Upon arrival in Lukla, we have plenty of time to relax, stretch those aching legs, and recall the experiences of the last couple of days.

We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with smiling faces! Upon arrival in Lukla, we stroll around while our leader will re-confirm our flight ticket. In the evening, we enjoy the last dinner with our crew and make it a party night which calls for a celebration. Overnight at our Lodge.

Day 13: : Fly to Kathmandu & Transfer to hotel, relax after Long Trip

After having a delicious breakfast, we take our morning flight from Lukla to Kathmandu after a long trekking journey in the mountains. Most of the flights are scheduled in the morning at Lukla as the winds can create issues. Sometimes the flight can be delayed or even canceled because of the bad weather.

Our vehicle will drop you at the designated hotel from the airport in Kathmandu. You can rest and relax at the hotel for the day or can make your plans. If interested, you could go shopping and buy some gifts to take home from Nepal. You can visit some nearby shops or venture out in Thamel for typical Nepalese goods. This short excursion either can be assisted by Mountain Sherpa’s guides, or we can do it yourselves too.

If you wish to explore any other areas in Kathmandu, we have to manage time for this today as well! We will attend an exciting celebration dinner together in the evening to successfully complete our original Gokyo Valley Trek hosted by **Mountain Sherpa Trekking and Expeditions**! Overnight in Kathmandu.

Day 14: : Reserve day (In-case of flight cancellation due to Bad Weather)

Extra Buffer Day in Kathmandu – Make the Most of It!

This day serves as a contingency in case of flight delays from Lukla to Kathmandu—an occasional occurrence in the mountains. If everything goes smoothly (which we hope it does!), you’ll have a full free day to enjoy at your own pace.

Use this time to relax, explore, or shop for souvenirs. But if you want to truly immerse yourself in Nepal’s rich history, culture, and art, we highly recommend a guided sightseeing tour of **Bhaktapur and Patan**—two ancient cities brimming with heritage. This **5-6 hour tour** offers a deep dive into Nepal’s fascinating past, vibrant culture, and authentic local life.

We’ll arrange the best local guide and private transportation for you. You can easily book this tour after completing your trek. Let us know, and we’ll ensure you experience Kathmandu beyond just the mountains!

Day 15: : Drive to the Airport to head back to that lovely place we call ‘home’’

Our office representative and office vehicle will be on standby at your hotel. After breakfast, you will be dropped at Tribhuvan international airport by our representative for your flight back home. It was great serving you for completing your desired trekking journey into the Himalayas.

We at Mountain Sherpa Treks will cherish the bonds of our relationship created over the time you spent with us, and we thank you for choosing us as your travel partner and for visiting this fantastic country Nepal. We are sure that trekking in this beautiful region of the Khumbu [Everest region] will give you lifetime memories of a vacation well enjoyed.

Ciao friends! Till we meet again.

Meals: Breakfast

Please Note: We try to follow the itinerary given above, at certain times local trial or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life. Thank you so much for your understanding

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu-Lukla-Kathmandu round-trip flight, including airport drop-off and pickup service.
- Kathmandu Stay: 4 nights in a centrally located premium 4- or 5-star hotel with daily buffet breakfast (based on the selected package).
- Trek Accommodation: 10 nights in the best available Sherpa mountain lodges, including 08 nights in rooms with attached bathrooms. Hot showers are included daily throughout the trek.

Meals & Drinks Included As Per Below

- Four hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.
- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.

Staff Wages, Insurance & All Permits Included

- Your package includes fair wages and full insurance for your Sherpa guide and porter. We provide the highest daily pay and comprehensive insurance—because we believe those who make your journey unforgettable deserve the very best care and respect.
- Sagarmatha National Park entry permit fee & Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Full-day Kathmandu city tour with a private guide and driver—an immersive experience to explore Nepal’s rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Experienced Sherpa Guides & Porters Included

- Our package includes highly experienced, responsible, honest, and friendly Sherpa guides. We provide a reliable Sherpa guide to accompany you throughout your entire trek. Your guide will be caring, trustworthy, and exceptionally friendly. As we are a 100% Sherpa-owned company, your guide will be a native Sherpa from the Everest region.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole.
- If you don't have your own warm sleeping bag and down jacket, we will provide them for you, which must be returned after the trek. Their rental value is around US$17–20 if rented from shops in Thamel.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We provide a complimentary Local Market Guiding Service for our valued clients to purchase souvenirs at both wholesale and local prices.
- We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

Why Book with MST

Why Book your Gokyo Lake & Gokyo Ri Trek with Mountain Sherpa Trekking

1). Top-notch Sherpa Guides

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know "Sherpa's are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest"

We have extremely professional, reliable, and experienced climbing Sherpa's working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, Mountain Sherpa Foundation has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

Mountain Sherpa Trekking donates up to 15% of its annual revenue to Mountain Sherpa Foundation (MSF) Nepal's projects, which cover regular maintenance of school buildings, Suitable-learning supplies for children in remote areas, providing necessary medical equipment to health posts of the lower part of Everest and so on.

3). Quality Run Journeys

Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal, which means you can select any food from the lodge menu as per your taste. Our guides will provide you with enough meals on their trek as part of the trip price. A lot of times people are only given the same food each day for every meal, and we don't do this. You are allowed to pick what you eat for each meal in all the lodges we stay in.

Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your treks and climbs in the Himalayas which is most important for a successful trip.

4). Ethical and Responsible Treatment of our Porters:

Most people would not be able to handle the challenges of these treks if it wasn't for the porters helping with all the lifting, preparing, and cheering. They are the backbone of our company and the reason why Pasang Sherpa created Mountain Sherpa Trekking & Expeditions, to begin with. He began in this industry as a porter and understands their needs better than anyone. We are dedicated and promise a better life to every member of our staff. This involves a better salary, providing all their gear including warm clothes, proper hiking shoes for high altitude treks, and lodging.

And we help their families by helping their village schools, providing school materials for their kids, and medicine to the health clinic of their villages.

7 reasons Why You Should Trek with Our Sherpa Guide

1. Our guides Act honestly, fairly, and professionally. They will be always punctual, reliable, honest, good sense of humor, friendly and caring.
2. Our guides are extremely patient with those of you who are slower trekkers, which is the key to a successful trip in the Himalayas.
3. Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your trekking in the Himalayas which is most important for a successful trip.
4. Our Sherpa guides are Government certified and top-notch!
5. Our guide will ensure that they understand what their duty of care is to their respected guests and will exercise it at all times.
6. Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the Himalayas before going higher.
7. Our Sherpa guides are flexible when it comes to unexpected issues.

Hotels & Foods

Explore the Stunning Gokyo Valley with Sherpa Experts!

Are you dreaming of trekking through Gokyo Valley, one of the most breathtaking regions in the Everest area? Make your journey truly unforgettable by booking your Gokyo Trek with Sherpa experts in 2025 or 2026—where exceptional service is the key to a successful and enjoyable adventure.

Why Do So Many Trekkers Choose Our Gokyo Trek Package?

We go beyond just trekking—we ensure your entire experience is seamless and comfortable. Our package includes **4 nights in a luxurious 4- or 5-star hotel in Kathmandu:**

? 2 nights before your trek – Recover from jet lag, relax in plush beds, and recharge before heading into the Himalayas.

? 2 nights after your trek – After days of hiking, you'll need a warm shower, deep rest, and a peaceful space to reflect on your journey.

We believe quality sleep and proper rest are essential for a rewarding trekking experience. That's why we've handpicked centrally located, highly-rated hotels that offer safety, comfort, and convenience—so you can focus on your adventure while we take care of the details.

Choose Your Ideal Comfort: 4-Star or 5-Star Gokyo Valley Trek Packages

? 4-Star Package – Ultimate Comfort & Value | $2,160 per person

Experience the perfect balance of comfort and adventure with our exclusive 4-star Gokyo Valley trek package. Your stay includes 4 nights at the elegant **Hotel Lo Mustang**, a premium retreat in the heart of Thamel. Immerse yourself in modern luxury, vibrant culture, and warm hospitality—the ideal way to prepare for and recover from your Himalayan journey.

? 5-Star Package – Indulge in Pure Luxury | $2,360 per person

For those seeking the ultimate pre- and post-trek relaxation, our 5-star package offers an unparalleled experience. Choose from:

- **Dusit Princess Kathmandu** – A blend of modern comfort and authentic charm in the city's vibrant core.

No matter which package you choose, we guarantee an unforgettable experience—where every detail is designed for your comfort, relaxation, and success.

Sherpa Mountain Lodges: 10 Nights of Authentic Comfort

During your **Gokyo Trek**, experience the warmth and hospitality of authentic Sherpa mountain lodges, run by local Sherpa families. Out of **10 nights**, you'll stay in **9 carefully selected lodge**s featuring rooms with attached bathrooms and hot showers—ensuring maximum comfort in the heart of the Himalayas.

We know that a great trekking experience starts with restful nights, so we've designed our package to provide

you with the best accommodations available—so you sleep just as comfortably as you would at home.

Looking for Even More Luxury?

? **Comfort Lodge Upgrades:** Upgrade to the most premium lodges available along the route for an even more refined experience.

Helicopter Return Option: Want to fly back to Kathmandu or Lukla from Gokyo? We can arrange a scenic helicopter ride for a faster, more luxurious return.

Let us know your preferences, and we'll create the ultimate luxury Gokyo trek, tailored just for you

Delicious & Nutritious Meals on the Gokyo Trek

At Mountain Sherpa Trekking, we believe that great food fuels great adventures. That's why we provide a wide variety of freshly prepared meals throughout your Gokyo Trek, ensuring you stay energized and satisfied.

Enjoy a diverse menu featuring:

✔ **Local favorites** like Dal Bhat—packed with nutrients for long trekking days—or try Sherpa cuisine, such as Sherpa Stew, Riki Kur (potato pancake), and delicious Mo:Mo

✔ **International dishes** such as pasta, noodles etc for a taste of home.

✔ **Your choice, every meal**—unlike most companies, we don't limit your options. **Pick anything from the lodge menu**, with all meals fully covered in your trip price.

No surprises. No restrictions. Just delicious, fulfilling meals to power your journey.

Sustainable Drinking Water Solutions

We are committed to protecting the Himalayas, and we encourage eco-friendly water options to reduce plastic waste. Instead of single-use plastic bottles, we highly recommend:

1. **Water filter bottles** – Clean and safe hydration on the go.
2. **Boiled water** – Readily available at lodges along the trek.
3. **Purification tablets** – A lightweight and effective alternative.

By making these small changes, you help preserve the beauty of the Everest region for future generations. Let's trek responsibly and keep the mountains pristine!

Flights & Extra Cost

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are canceled due to mountain weather conditions, **Mountain Sherpa Trekking & Expeditions** will charter a helicopter to ensure you are on schedule for your international flight connections.

The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilized. US cash, traveler's cheque, or credit cards (Visa, MasterCard & American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance. The minimum cost will be US$500 and the maximum US$600 depending on the number of group members.

The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx. 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg), and sleeping bag liner (0.5kg) that you are provided.

EXTRA COSTS:

Our Everest base camp trek packages are all-inclusive but we advise that you budget between $300 and $400 for additional expenses on your trek including tips. We also suggest you plan on having extra money available in cash or on a credit card in case you require to book a helicopter in the event your flight is canceled.

Unforeseen cost due to flight cancellation, weather conditions, etc. You are responsible for extra hotel nights and meals in Kathmandu or Lukla that are a result of flight delays.

Nepal entry visa ($40 USD).

Meals:

All the meals are included on the trek however we only include breakfast while you are in the city. you can budget $10-15 per day for lunch and dinner in Kathmandu.

Gratuities:

Tipping is always appreciated and should be based totally on your satisfaction. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your trips.

Wifi, Batteries Charging, and hot Shower are also not included in the trek package. Wifi is available in some teahouses for $3 to $5 an hour. Hot Showers are also available in a few of the teahouses for between $4 and $6. You can also charge your electronic devices in the lodges and charging costs between $1 and $3 an hour.

Travel Insurance

The importance of Insurance

Travel insurance is necessary for any trip but is mainly important when undertaking activities such as high-altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in place should a mishap occur.

This can be anything from medical emergencies, trip cancellation, trip interruption, delays, lost or stolen luggage to a full helicopter rescue of a mountain. For high altitude trek, you need to confirm that your travel insurance covers Helicopter Rescue with a height limit of no less than 5,5000m. Most standard policies provide cover for walking up to a maximum of 2,500 meters.

The Nepal Trekking Activity Pack add-on extends cover to include trekking between 4,600m and up to 7,000m within Nepal and also includes all activities in the Extreme Activity and Activity packs.

Obtaining travel insurance before you leave home is strongly recommended. This way, if something happens, and this is rare, you will not be out of pocket a tremendous amount of money. Mountain Sherpa trekking will provide a letter and your invoice to submit to your insurance, in this case, to help expedite your processing.

Altitude Sickness:

If you trek to a high altitude without letting your body adjust to the new elevation, you may experience altitude sickness. Symptoms include headache and nausea. If you return to a lower elevation, your symptoms will likely go away without needing treatment. In severe cases, altitude sickness can be life-threatening.

When we hike above 8,000 to 12,000 feet above sea level our bodies need to acclimatize to the decreasing amount of oxygen available. You may have symptoms if you travel to a high altitude without giving your body time to adjust to less oxygen. Even if you're physically fit, you can still experience altitude sickness.

Mountain Sherpa Annapurna sanctuary trek itinerary is carefully designed to avoid altitude sickness. Over the years we have come up with the best itinerary to aid in the acclimatization process. Our trek itinerary is fully flexible & can modify on the spot if required.

Remember the trek to the Himalayas is not a race. Even those in the best shape will suffer from altitude sickness when they race to the top of the mountain too quickly. Go slowly, it will give your body time to adjust to the mountain. However, during the acclimatization process, you may experience some of the following symptoms.

- Tiredness
- Minor Headache
- Troubled sleep

- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we request you to talk with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

You must remember that this is your holiday and you do not want to stress out about the possibility of getting sick from the mountains. Do everything slowly. Drink lots of water. And enjoy the Himalaya's views. If anything does happen and you, unfortunately, get sick, let your guide know right away –Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.

Packing List

Packing List Gokyo Valley Trek

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks

7. Sun protection (including total bloc for lips, nose, etc.)

Hand

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

Core Body

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated –10ºC)*

Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

Feet

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 5-7 pairs recommended

Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring $30 (15 Days) or $50 (30 Days) USD for Visa Application
- Money ($200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)

- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

Additional Supplies

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide you complimentary trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both

sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

Additional info:

As you pack for Gokyo Valley Trek, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 25 kg - 30 Kg or 55-66 pounds of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the EBC trek. You need to carry your own backpack (with waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don’t have your own down jacket & sleeping bag, don’t worry. We will provide you with 4 season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.