

# KEEP WALKING - NEPAL

## GOKYO LAKES TREK

- SEE WEBSITE FOR DATES -



The trek to Gokyo Lakes gives you the opportunity to view many of the major peaks in the Himalaya range. Walking through Sherpa villages we climb to the major town in the district Namche Bazaar. It is above this town we catch our first views of Everest as we meander through the pine and rhododendron forest. Each night we will camp in lodges. The walk takes you near the border of Tibet near Cho Oyu, where you can explore the Gokyo lakes and climb Gokyo Ri. This region offers a memorable experience with incredible scenery all around us. We would be pleased to have you along on this adventure and to introduce you to our country and way of life while you travel as part of my extended family.



*Ang Tshering Sherpa*

Family business owner / manager

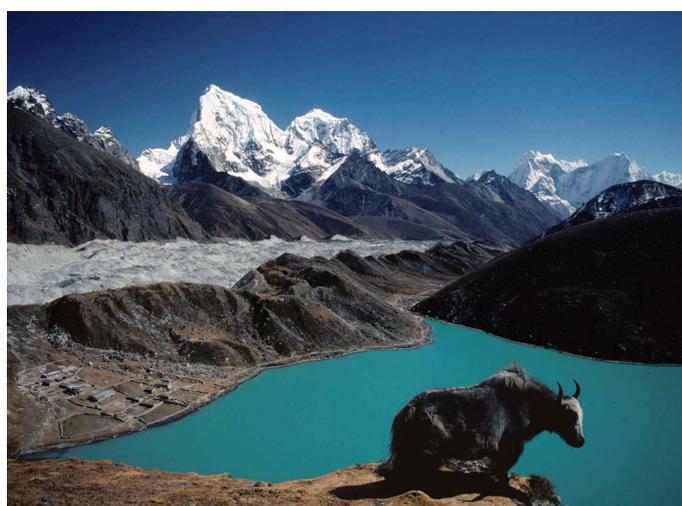
### Trip Summary

Day 1 - arrive Kathmandu: meet and greet  
Day 2 – sightseeing in Kathmandu  
Day 3 – fly to Lukla, trek to Phakding (approx 3-4hrs)  
Day 4 – trek to Monjo (approx. 3-4hrs)  
Day 5 – trek to Namche Bazaar (approx 4-5hrs)  
Day 6 – rest day at Namche Bazaar  
Day 7 – trek to Phortse Tenga (approx. 5-6hrs)  
Day 8 – trek to Dole (approx 3-4hrs)  
Day 9 – trek to Machermo (approx. 4-5hrs)  
Day 10 – trek to Gokyo (approx 4-5hrs)  
Day 11 – rest day at Gokyo, ascend to Gokyo Ri  
Day 12 – trek to Dole (approx 5-6hrs)  
Day 13 – trek to Phortse village (approx 3-4hrs)  
Day 14 – trek to Tengboche (approx 3-4hrs)  
Day 15 – trek to Khumjung (approx 5-6hrs)  
Day 16 – trek to Monjo (approx 5-6hrs)  
Day 17 – trek to Lukla (approx 4-5hrs)  
Day 18 - fly to Kathmandu, rest of day at leisure  
Day 19 – trip concludes

**Cost: US \$2200 (joining Kathmandu)**

**Includes:** hotel accommodation and all meals (except for lunch Days 1 & 2, dinner Day 2 and any meals on Day 12 after breakfast), domestic flights, all airport pickups and drop-offs. A sleeping bag and kit bag are provided whilst on trek, plus Sherpas and porters to assist you en-route and carry your overnight gear. A medical kit will be carried by staff.

Single Supplement: additional US \$165



15 day Lodge based trek.

Moderate to challenging level trek: good level of fitness required.

### CONTACT US

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# DAILY MOVEMENTS

## GOKYO LAKES TREK



Day 1 - Arrive Kathmandu - Sherpa staff will transfer participants to a lovely hotel in Boudhanath, a short walk from the world's second biggest Buddhist stupa. Evening meal with the Sherpa leader, allowing time to meet and mix with others in the group. Overnight in Kathmandu.

Day 2 - In Kathmandu. Half day sightseeing tour of the 2 major attractions in Kathmandu. We will visit Boudhanath (the second largest Buddhist stupa in the world) and Pashupatinath (one of the most significant hindu temples of Lord Shiva in the world, located on the banks of the Bagmati river). Afternoon at leisure for last minute shopping or you may like to explore Durbar Square or the extensive handicraft shops in Thamel.

Day 3 - Fly to Lukla (2850m), trek to Phakding (2610m). Walk approx 3-4 hours. An early start flying Kathmandu to Lukla, 45 mins. This is the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a scenic flight. Following morning tea we will trek to Ghat for lunch and then continue our walk to Phakding, our overnight stop.

Day 4 -To Monjo (2835m). Walk approx 3-4 hours. Today we cross and re-cross the glacial river, named "Dudh" (milk) Kosi (river) because of its colour, whilst walking through pine forest and terraced fields growing a variety of crops. It is one of the main trading trails and we will see small groups of donkeys, dzopko and yaks carrying supplies. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, (nak being the female) more commonly used at higher altitudes. We see our first Mani walls today. These stone structures are made from many stone tablets, each with the inscription "Om Mani Padme Hum" which translates to "Hail to the jewel in the lotus", and is mantra (chant) venerated by Buddhists. Buddhists will walk to the left of these mani walls and chortens, but many who have no knowledge of Buddhism will do the same. Overnight at Monjo. This is a short day to allow you to acclimatize.

Day 5 -To Namche Bazaar (3440m). Walk approx 4-5 hours. Today we pass through the gates of the Sagarmatha National Park. We follow the river to the confluence of the Dudh Kosi and the Bhote Kosi, crossing a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa 'capital' of Nepal. It is a tough climb but we have our first view of Mt Everest today. Namche is a prosperous village spread in a horse-shoe shape around the valley. Following lunch you may like to spend time looking through the shops in search of a bargain.

Day 6 - Rest day Namche Bazaar. Acclimatisation day. Today we walk to the Everest View Hotel (2-3hrs) where spectacular views of Everest and Ama Dablam may be seen. Around us also as we walk are Thamserku (6618m), Kantega (6783m), Ama Dablam (6814m), Nuptse (7864m) and Lhotse (8516m) and the greatest of all, Mt Everest (8848m). We will take time to sit and look at the magnificent view from the hotel balcony.

Day 7 - To Phortse Tenga (3680m). Walk approx 5-6 Hours. We start out today following the main trail to Thyangboche before branching off across yak pastures as we ascend to Mon La. Stunning views are had back down the valley. We can see the confluence of the Dudh Kosi and Imja Khola. As we continue we will pass stupas draped with prayer flags, viewing the newly erected memorial chorten before descending down through pine and rhododendron forest to the Dudh Kosi and then on to Phortse Tenga, our overnight lodge.

Day 8 - To Dole (4110m). Walk approx. 3-4 hours. We start the day with a short climb to the trail to Gokyo. Today we walk through red birch, fir and dwarf rhododendron forest that surround yak pastures as we climb steadily towards Gokyo. Keep your camera out today as we pass numerous waterfalls and view the glacier flows from Taweche and Cholatse. A short day to help with our acclimatisation.

Day 9 - To Machermo (4410m). Walk approx. 4-5 hours. Today is a steady, constant climb to the small village of Machermo. We will take our time to help our acclimatisation as we prepare for the higher altitudes in the days to come. The views are stunning with Cho Oyu looming in front of us, today is one of the best on the trek. You may like to visit the Machermo Porter Shelter and Rescue Post after lunch, or just sit back and enjoy the view. Machermo is the name of a local female goddess.

Day 10 -To Gokyo (4790m). Walk approx. 4-5 hours. Today is lake-day as we ascend to Gokyo. Excellent views of Cholatse can be seen. We trek across the moraine and rock from Ngozumpa Glacier as we take in the views of Kantega to the south and Cho Oyu to the north. The path levels at the snout of the glacier and we pass our first lake, Longpongo, then Taoche Lake before reaching our lodge for the night.

Day 11 - At Gokyo. We leave early in the morning to ascend Gokyo Ri (5357m) for stunning views of the superb Gokyo valley, the massive Ngozumpa Glacier and an incredible panoramic view of the Himalayas – Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang. The ascent to Gokyo Ri is unrelenting but not a race, we will take our time so you can reach the summit to enjoy the spectacular view of the mountains and the lakes below.

Day 12 - To Dole (4110m).walk approx 5 to 6 hours.Today we will be walking same way down to dole enjoying the views of Himalaya along the route. you will enjoy walking mosrly down hill with the great views of himalaya and you may see things whcih you didnt see on the way up Stay overnight in a lodge.

Day 13 - To Phortse village (3810m). Walk approx. 3-4 hours. Today you will be walking mostly down hill till yo get to phortse tenga and then we cross the photose river and gradually climb till you get to photse village.. Phortse village is a maze of smallwalled lanes. It is one of the oldest villages in the Khumbu region.

Day 14 - To Tengboche (3860m). Walk approx 3-4 hours. Today's walk we descend to the lmgga River and once we cross have a steep ascent through the forest where you may see musk deer. The bridge across the river is a great viewing point to see the river roaring across the rapids. Continuing our climb enjoy the views of Everest along the trail as we walk to the Tengboche monastery, a Tibetan Buddhist monastery of the Sherpa community. We will have the chance to visit the monastery. The views of Everest, as well as all the other major peaks of the area (Nuptse, Lhotse, Ama Dablam) are breathtaking. The monastery buildings stand on a knoll and provide a grandstand for the finest mountain scenery. Tengboche is considered the gateway to Mt Everest.

Day 15 - To Khumjung (3780m), walk approx. 5-6 hours. Khumjung village is home to the only high school in the Khumbu region. Also known as Hillary School, its founder in 1961 Sir Edmund Hillary, cater for over 300 pupils from grades 1 to 10. A monastery in the village is purported to house a yeti scalp.

Day 16 - To Monjo (2835m), walk approx. 5-6 hours. Today we head downhill through the rhododendron forests to Monjo. Keep a look out for the Daphne Pheasant, the national bird of Nepal. Although we are retracing our steps from 12 days ago, we are seeing a different perspective as we descend to our lodge for the night.

Day 17 - To Lukla (2850m). Walk approx 4-5 hours. Today is the last day of our mountain trekking adventure. We gradually descend and walk along the Dudh Koshi river banks. Tonight, our last evening of the trek is a good opportunity for a small party with all the team, especially the porters who will return to their villages from here. Appreciation in the form of tips may be expressed at that time to these people who make the trip such and enjoyable adventure.

Day 18 - To Kathmandu by air (1330m). This morning we fly to Kathmandu, 35 mins. On arrival, we transfer to the hotel. The rest of the day is at leisure. We will meet again for dinner.

Day 19 - Journey formally concludes after breakfast with transportation to the airport, unless other arrangements have been made.

### ***Sherpa People***

*The best known and admired of all of Nepal's ethnic groups, the Sherpa migrated to the high valleys south of Mt Everest from eastern Tibet about 450 years ago. Their Tibetan origins are reflected in their language, customs and religion. Our staff and crew will all be local Sherpa people from Solukhumbu, the valley adjacent to the Everest region. The walk is in their 'back yard', so the many questions about the land and its people can be answered promptly and accurately. The Sherpa people were originally employed by the first mountaineers attempting to climb Mount Everest. It is from the courage and strength of these local people that the name 'sherpa' has been collectively adopted and used to describe a climbing guide working across Nepal.*