

Everest Gokyo Ri Trek

The trek to Goyko offers an alternative to the traditional Everest base camp trek. From Goyko Ri, more of Everest itself is visible than from Kala Pattar above Gorak Shep (see Everest Base Camp Trek). The mountains are more spectacular, the Ngozumpa Glacier is the largest in the Nepal Himalaya and, from a ridge above Goyko, four 8000-meter peaks (Cho Oyu, Everest, Lhotse, and Makalu) are visible. The view of the tremendous ice ridge between Cho Oyu and Gyachung Kang (7922m) is one of the most dramatic panoramas in Khumbu. This trek is less crowded than the base camp trek.



Highlights of the trek

Explore Sherpa museum in Namche Bazaar, panoramic view from Syanbuche, Sherpa culture in Khumjung village, ascent to Gokyo Ri, views of Everest, Cho Oyu, Lhotse, Nuptse and Ama Dablam.



Trek dates

Daily from September to late December and February to late June

Also [Scheduled Group Treks](#)



Check list

Read our helpful [check list](#) before booking

Trek Details

Trek dates

Daily

Season

October to late December and end of February to May

Duration

15 days

Trekking days

11 days

Trekking grade

Medium-Hard

Maximum altitude

5357m

Starting point of trek

Lukla

Finishing point of trek

Lukla

Trek style (accommodation)

[Tea House](#)

Meals & Drinks

[Read more](#)

Equipment

[View list](#)

Trek code

E4

Detailed Itinerary

Itinerary can be customized according to your needs and length of stay.

Day 01 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel in Kathmandu or Bhaktapur. Short briefing will follow concerning the necessary formalities and your trekking itinerary. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

Day 02 – Sightseeing / Cultural Day in Kathmandu Valley

Half day sightseeing around UNESCO Bhaktapur / Kathmandu where your guide will escort you on a tour of Buddhist and Hindu temples and shrines reflecting ancient local traditions. There is time to explore the city's many places of interest on your own or take a rest while trekking permits are finalized. In the evening sample a delicious traditional Nepali dinner. Overnight in Kathmandu.



Day 03 – Kathmandu to Phakding (2610m)

Early morning you will be picked up by your guide to go to the Kathmandu airport, from where we will take the airplane to Lukla, which will take us about 30 minutes of flight time. At Lukla we will be meet our porters and will head north from the airstrip to Chablung (2700m). Here we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called “trekking peaks”. Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding where we will stay overnight (3 hrs).

Day 04 – Phakding to Namche Bazaar (3420m)

From Phakding we follow the valley of the Dudh Kosi river, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful

walk. We cross the Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). Namche Bazaar is the main trading centre in this region and features numerous shops, hotels and restaurants (6 hrs).

Day 05 – Namche Bazaar / Acclimatization (3440m)

The Himalayan Rescue Association doctors have determined that you must acclimatise before we begin our trek to Gokyo. It is easy to get to high too fast and succumb to altitude sickness. Today we will do the trek to Thami and back again. Thami lies at an elevation of 3750m, near the foot of a large valley west of Namche Bazaar. The route passes the settlements of Phurte (3390m), Thamo (3440m) and Somde (3580m) before arriving in the Sherpa village of Thami (3750m). We will have good views of the snow peaks of Teng Kangpoche (6500m) and Kwangde (6187m) to the south. After our lunch we will return to Namche Bazaar for the night (6 hrs).

Day 06 – Namche Bazaar to Phortse Thanga (3500m)

The trek of today climbs the hill to Khumjung and descends to the valley of Dudh Koshi. The route to Goyko turns north, climbing above the more frequented route to Tengboche and Everest base camp. It climbs gently to a ridge top at 3973m. From here we descent in steep switchbacks down a sandy slope to the Dudh Kosi river. After crossing this river on a suspension bridge we arrive in Phortse Thanga (3 hrs).

Day 07 – Phortse Thanga to Dole (4090m)

In aid of acclimatisation the time spend trekking today is short. The trail first climbs steeply out of the valley through rhododendron forests, which give away to fragrant stands of juniper and large conifers. This part of the trek is especially beautiful in spring when the rhododendrons are blooming. We pass a herders' hut at Tongba (3950m) and then climb gently to Dole. From here the views of Khumbila and Tawachee are tremendous throughout the day, and it is possible to climb a ridge behind Dole for an even broader view up and down the valley (2 hrs).

Day 08 – Dole to Machhermo (4410m)

The trail starts today by climbing steeply through scrub junipers to a single lodge at Lhabarma (4330m). We pass the small settlement of Luza (4340m) and continue to climb along the side of the valley, high above the river to Machhermo. It was here that a yeti supposedly killed three yaks and attacked a Sherpa woman. This is the most credible yeti incident ever reported, so be watchful as we visit this region (2 hrs).

Day 09 – Machhermo to Gokyo (4750m)

Beyond Machhermo the trail climbs a ridge for an excellent view both down the valley to Kantega and upwards to Cho Oyu. Beyond the ridge the valley widens as the trail reaches the small village of Pangka (4390m). After passing Pangka the trail drops briefly, then climbs to a large cave known as Nilibuk. After Nilibuk we climb steeply along a narrow, newly crafted staircase trail. Atop the staircase the trail crosses a simple wooden bridge to the first small lake, Longponga, at 4650m. The trail now becomes almost level as it follows the valley past a second lake, known as Taujun, at 4710m and finally up a boulder strewn path to Gokyo. Gokyo is a collection of stone houses and walled pastures on the shores of a large lake known as Dudh Pokhari (4 hrs).

Day 10 – Gokyo

The views around Gokyo are tremendous. For the best views we will climb Gokyo Ri (5357m) today. From here we will have a panoramic view of Cho Oyu, Gyanchung Kang, Everest, Lothse, Makalu, Cholatse and Tawachee. After we enjoy the view we will return to Gokyo village for the night (4 hrs).

Day 11 – Gokyo to Phortse

To return to Phortse we use a different route than we used on our way up. We will follow the eastern side of the valley to gain different views of Khumbila. Climbing across the terminal moraine of the Ngozumpa Glacier we will reach the village of Na (4400m). The descent from Na along the eastern side of the Dudh Kosi valley is straightforward and we eventually arrive in Phortse (7 hrs).

Day 12 – Phortse to Namche Bazaar

A slippery trail descends from Phortse to a bridge at Phortse Tange and rejoins the original route from Khumjung. From here it is easy to continue to Namche Bazaar where we will spend the night (4 hrs).

Day 13 – Namche Bazaar to Lukla

It is a long walk from Namche Bazaar to Lukla, but we are probably all in good shape by now. From Namche, we will descent steeply back to the Dudh Kosi river and continue our way past the national park checkpoint at Monjo. The trail then continues back towards Lukla, where we will reconfirm our flight tickets for the next day and spend the night (7 hrs).

Day 14 – Lukla to Kathmandu

Taking the early morning flight from Lukla will bring us back to Kathmandu. Overnight stay at hotel.

Day 15 – Kathmandu

Departure from Kathmandu.

The trek program is – because of weather or unforeseen events – subject to change.

Services and costs included in the price

- Airport pick-up and drop-off
- Three nights hotel accommodation with breakfast in Kathmandu
- Licensed and trained trekking guides
- Porters for carrying goods and supplies
- All lodging during trek
- All meals with hot beverages whilst trekking
- Transportation to and from trailhead
- All necessary documents and permits for trekking
- Equipment such as sleeping bags, down jackets; first-aid kit
- Insurance, medication, and equipment for staff;
- Coordination of Quick Rescue service (costs covered by your insurance plan)

Services and costs NOT included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 10kg and hand bag more than 5kg on domestic flights
- Visa fees
- Rescue charges
- Bottled drinks (cold and alcoholic)
- Expenses of personal nature
- Permit and liaison officer fee (where applicable)
- Lunches and dinners whilst not trekking