



Nepal Gokyo Lakes Trekking

Epic Peaks of the Himalaya

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!

Contact us at info@mtsobek.com

or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

Travel with the pioneering company that has led trekking trips in the Everest region since 1969. This is where adventure travel started!

REASON 2

Get all the views and high-altitude hiking that the Everest Base Camp route offers, but on quieter trails for a more personal experience. This trip also visits the stunning Gokyo Lakes.

REASON 3

Trust MT Sobek's professional local guides on this expert-led Himalayan trek. You will have insider access to Sherpa villages and a Hindu temple for an immersive experience.

At A Glance

ACTIVITIES

Moderate to strenuous hiking on mountain paths, covering 2.5 to 8 miles per day on rugged terrain at a maximum elevation of 17,575 feet.



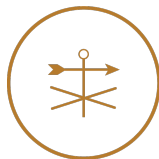
LODGING

Comfortable and rustic mountain accommodation in Nepalese inns and lodges, plus four nights at a 5-star hotel in Kathmandu.



CLIMATE

Autumn daytime temperatures: 45 to 65F; autumn nighttime temperatures 10 to 35F. Rain or snow possible. Spring temperatures 5 to 10F warmer than autumn.



KNOW BEFORE YOU BOOK

Internal Flights: It's important to note that the Nepali government has the authority to make the final decision on the type of aircraft used for the flights between Kathmandu and Lukla, and this decision is subject to change at any time. It may be either a scheduled flight or helicopter. Your itinerary is thoughtfully designed with a flexible final day to accommodate the region's unpredictable mountain weather. Flights to and from Lukla may be delayed or cancelled—sometimes for extended periods. While such interruptions are unusual, please be aware that they can impact onward international travel plans.



Nepal Gokyo Lakes Trekking

Epic Peaks of the Himalaya

Discover the legendary Khumbu on a quieter, less-traveled route with five-star views of the Himalayan giants. Follow the classic Everest Base Camp trail to Namche Bazaar, then branch off toward peaceful Gokyo Valley. Trek through Sherpa villages, rhododendron forests, and across prayer-flagged bridges to reach the sacred turquoise Gokyo Lakes. Surrounded by towering Himalayan peaks, enjoy sweeping views of Everest, Cho Oyu, Lhotse, and Makalu and summit Gokyo Ri for a breathtaking panorama of the world's highest mountains.

15 Days

Start: Kathmandu, Nepal

End: Kathmandu, Nepal

Departing: March, April, May, October, November

Activities: Hiking & Trekking

Lodging: Luxury Hotels, Comfortable Hotels, Rustic Lodging

Group Size: 4-12 Guests

ACTIVITY:



Check [mtsobek.com](https://www.mtsobek.com) for date-specific pricing.

“

“Congratulations for organizing our fabulous trip in Nepal. We enjoyed a wonderful mix of cultures as well as spectacular hiking led by your extremely qualified on the ground team. Pranoy Rai is a fantastic leader.”

- Karen H.

The Itinerary

DAY
01

Arrive in Kathmandu

Welcome to Nepal! You will be met on arrival at Tribhuvan International Airport (TIA) in Kathmandu and transferred to your accommodation. The afternoon is yours to recharge or explore nearby sights. Gather with your fellow travelers and local guides in the evening to discuss your Gokyo Lakes trek. Then, sit down to a welcome dinner at a traditional Nepali restaurant to celebrate the start of your adventure!

MEALS: Dinner

TRANSPORTATION: 30-minute private van transfer

DAY
02

Wander Bhaktapur's Medieval Lanes

Today you will stretch your legs on a walking tour of enchanting Bhaktapur. The ancient city's Durbar Square is a UNESCO-listed collection of beautifully preserved palaces, timeless temples, and carved wooden windows that showcase the artistry of the Newar people. Though the city dates to the 12th century, it continues to pulse with life today—red brick streets wind through architectural masterpieces to bustling markets and artisan workshops. Towering above it all is the five-tiered Nyatapola Temple, one of the tallest and most striking temples in Nepal. After lunch, return to your accommodation. Your afternoon is free to relax, explore, or check out the spa. Dinner is on your own to explore restaurants in town or choose one of the options at the hotel.

MEALS: Breakfast | Lunch

ACTIVITY: 2-3 hours walking tour

DAY
03

Helicopter to Lukla & Trek to Phakding Village

Begin the day with a thrilling helicopter flight from Kathmandu to Lukla (9,380'), enjoying stunning aerial views of rolling hills, deep valleys, and Himalayan peaks. Then it's time to lace up your boots and trek into the Khumbu with the peak of Kongde Ri (20,299') towering above. Descend into rhododendron and pine forests and cross suspension bridges to views of sacred Khumbu Yul-Lha. Hike through Sherpa villages where you will discover mani stones, prayer wheels, and stupas before arriving at Phakding (8,563') this afternoon to enjoy river views and relax.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 50-minute helicopter flight

ACTIVITY: 3.5-4 hours/5.5 miles hiking with 150' elevation gain and 820' elevation loss



Trek through Sherpa Villages to Monjo

The Dudh Koshi (“Milk River”) rushes through the Khumbu Valley in an opalescent surge fed by Himalayan glaciers. Flowing from the high slopes of Mount Everest, its icy, mineral-rich waters carve deep gorges and power past boulders beneath iconic swaying suspension bridges draped in prayer flags. Follow its course today, crossing back and forth over bridges and weaving in and out of forest as you pass the Sherpa villages that line its banks. Catch glimpses of Kusum Kanguru and Thamserku (both over 20,000') before arriving at Monjo (9,301').

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 3.5 hours/4 miles hiking with 800' elevation gain minimal elevation loss



Enter Sagarmatha National Park & Trek to Namche Bazaar

Walk to Sagarmatha National Park, a UNESCO-listed sanctuary encompassing the southern slopes of Mount Everest. Once permits are checked, continue into the Khumbu to again cross the fast-flowing Dudh Koshi and its confluence with the Bhote Koshi by suspension bridges. From here, the real climb begins on a series of switchbacks winding toward your first chance for an Everest view. Continue through pine and rhododendron forest to legendary Namche Bazaar. Visit the Sherpa Museum this afternoon to learn more about Sherpa culture and Everest’s climbing history before settling in at your accommodations.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4.5-5 hours/4.5 miles hiking with 1,985' elevation gain and 150' elevation loss



Discover Namche Bazaar & Hike to Himalayan Views

Spend this acclimatization day in Namche Bazaar (11,290'), a historic trading hub that became the primary staging point for Everest expeditions after the first successful ascent in 1953. Start the day with a morning hike to Hotel Everest View—the world’s highest hotel—for the best chance of dazzling views of Everest (29,032'), Lhotse (27,940'), and Ama Dablam (22,349') before sitting down to lunch amid these giants. Return to town with time to check out the lively intersection of Sherpa tradition and trekker adrenaline in the many shops and cafes, chatting with locals and other trekkers as you explore. Rest up for another big climb tomorrow.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4-5 hours/3.5miles hiking with 1,445' elevation gain and loss



Take the Trail Less Traveled to Phortse Village

Branching off from the Everest Base Camp buzz, climb steadily above the valley with views of Everest and distant Tengboche. Hike quiet trails past stupas and hamlets, emerging from birch forest to a dramatic panorama of the Gokyo Valley, Ama Dablam, and Thamserku. Follow the ridgeline to Mong La (pass) (13,034') for a spectacular picnic before descending steeply through rhododendron and juniper, the peaks of Ama Dablam, Kangtega, and Thamserku rising ahead. As you near Phortse (12,598'), the landscape softens into terraced fields and stone houses perched high above the Dudh Koshi Valley. Spend the afternoon on your own, exploring the monastery, chortens, and mani walls, and experiencing Sherpa culture in this traditional village known for its mountaineers and only reachable on foot.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6-7 hours/7 miles hiking with 2,790' elevation gain and 1,345' elevation loss



Reach Dole in the Heart of the Himalayas

Drop into the Dudh Kosi Valley, descending through rhododendrons and fragrant pines to the valley floor. Cross the rushing river, then climb up the other side via switchbacks through woodlands that gradually reveal magnificent views of Cho Oyu (26,864'). Continuing into alpine yak meadows you might be lucky enough to spot a rare white-bellied musk deer in the wild. Arrive in the peaceful village of Dole (13,248'), with time for a short acclimatization hike with a panoramic vista before settling in for the evening.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4 hours/4 miles hiking with 2,067' elevation gain and 1,772' elevation loss



Hike to Machhermo Surrounded by Snowclad Peaks

Leaving Dole in the morning, climb above the tree line into open alpine terrain, where the landscape widens and views stretch across the Khumbu. Traverse broad meadows and stands of smaller rhododendrons, passing seasonal herder settlements. The trail undulates, revealing ever-changing perspectives of the valley below and soaring peaks all around, including Cho Oyu. Pass yak pastures, stupas, and prayer flags as you approach Machhermo (14,665'), a remote village at the foot of massive Ngozumpa Glacier. A strategic acclimatization stop on the way to Everest, Machhermo is also famous for an encounter between a yak herder and the fabled yeti, reported in 1974.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4-5 hours/4.5 miles hiking with 1,870' elevation gain and 720' elevation loss



DAY
10

Explore the Spellbinding Gokyo Lakes

Once again, you climb through jaw-dropping scenery with the Machhermo Valley disappearing below and the Himalayan giants all around you. The Dudh Kosi plunges down into valleys, under bridges, and along villages, a vital source of water in the Khumbu. Cross the river to its headwaters—the Gokyo Lakes. The terrain evens to a stark, high-altitude landscape of rock and glacial moraine, as you walk alongside the first lake’s shimmering turquoise surface, then explore the second, and arrive at the magnificent Third Lake to find a sensational amphitheater of snow-covered peaks beyond the jewel-like water.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4-5 hours/4.3 miles hiking with 1,310' elevation gain and 230' elevation loss



DAY
11

Summit Gokyo Ri for Epic Everest Views

Set out before dawn, crossing the glacial stream that feeds Gokyo Third Lake and carefully navigating rocky trails with headlamps. Begin to climb the mountain's stark peak on a series of switchbacks. Dawn breaks about halfway up to the summit, and golden light washes over the Himalaya as you continue to the top of Gokyo Ri (17,575'), where a breathtaking panorama of a towering white peaks—including Mount Everest, Cho Oyu, Lhotse, and Makalu—rise above the shimmering Gokyo Lakes and Ngozumpa Glacier below. After absorbing this remarkable moment and snapping photos galore, descend back to your accommodation.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4 hours/2.5 miles hiking with 1,860' elevation gain and loss



DAY
12

Helicopter to Kathmandu

Take off from Gokyo on an exhilarating helicopter flight to Kathmandu via Lukla. Enjoy a panorama of snow-capped peaks, terraced hillsides, and remote mountain villages from above. The stark alpine terrain gradually transitions into green hills and terraced farmland as Kathmandu approaches, and your high-altitude Himalayan trek comes to a close. The afternoon is free to explore or relax—or take advantage of the spa—you’ve earned it! This day is intentionally flexible in case flights are delayed.

MEALS: Breakfast

TRANSPORTATION: 60-minute helicopter flight



DAY
13

Explore a Hindu Temple & Buddhist Stupa in Kathmandu

Discover Kathmandu's mix of Hinduism and Buddhism with visits to two UNESCO-listed sites. Begin at bustling Pashupatinath Temple, where sacred Hindu rituals unfold along the Bagmati River and saffron-robed sadhus (ascetics) meditate among the many surrounding smaller temples. Continue to Boudhanath Stupa, one of the largest in the world, encircled by prayer wheels and shrines. Stupas contain Buddhist relics and you can join pilgrims and devotees, walking clockwise around its base—a sign of devotion and respect. Lunch is on your own to explore Kathmandu's many excellent restaurants and perhaps do a little souvenir shopping. This evening, gather with your group and guides for a farewell dinner to celebrate your journey and share memories of your Himalayan adventure together.

MEALS: Breakfast | Dinner

ACTIVITY: Cultural touring



DAY
14

Depart Kathmandu

Bid farewell to Nepal, carrying memories of high mountain passes, turquoise lakes, and Sherpa villages. You will be transferred to Kathmandu's Tribhuvan International Airport for your onward flight.

MEALS: Breakfast

TRANSPORTATION: 30-minute private van transfer



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

The Soaltee Kathmandu

A modern hotel with elegant style, the Soaltee Kathmandu is a 5-star Deluxe hotel surrounded by lush gardens and views of the majestic Himalaya mountains. The hotel features well-appointed rooms with modern amenities and traditional touches. Guests can relax by the outdoor pool or unwind with a massage at the spa. The restaurants showcase a diverse range of culinary delights with both local and international flavors.

The Himalayan Phakding Lodge

Set beside the Dudh Koshi, The Himalayan Phakding Lodge offers 14 pinewood cottages nestled into the forest and feature stylish interiors, ensuite bathrooms with hot showers, underfloor heating, and private decks overlooking the river. The cozy, contemporary dining room serves fresh hearty meals with a serene alpine view. With hearty meals in the contemporary dining room and hot soaking tub onsite, this lodge is a peaceful retreat after a day on the trail.

Everest Summit Lodge—Monjo

Tucked into forested hills above the village and the Dudh Koshi River, Everest Summit Lodge Monjo offers a tranquil Himalayan escape. Comfortable rooms feature warm wood interiors, cozy beds, and large windows that invite in natural light and mountain views. Surrounded by pine trees and terraced landscapes with magnificent Thamsrku rising behind, the setting is spectacular and hot tea and warm staff make every guest feel welcome.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Hotel Namche

Right in the heart of Namche Bazaar, Namche Hotel offers comfort and convenience with excellent mountain views. Rooms feature private bathrooms with hot showers, while a warm dining room serves satisfying meals after a day on the trail. A small gift shop adds charm, and the location places you within easy walking distance of bakeries, shops, and scenic acclimatization viewpoints overlooking the surrounding Himalayan peaks.

Phortse Guest House

Set within the traditional village of Phortse, Phortse Guest House offers an authentic teahouse experience shaped by Sherpa hospitality. Simple twin-bedded rooms are paired with shared bathrooms and showers, while the cozy dining room serves home-cooked meals in a welcoming, family-run setting. Surrounded by terraced fields and soaring peaks, it's a place to slow down, connect with local life, and take in sweeping Himalayan views.

Yeti Inn

On the northern side of the stream that bisects the village of Dole, Yeti Inn is a friendly stop along the Gokyo route. The stone lodge is set amid yak pastures and wilderness in the Dudh Koshi River Valley. Basic twin rooms offer simple comfort, with private bathrooms and shared showers, while the dining room hums with trekkers swapping stories over hot meals and bakery treats.

Machhermo Lodge & Bakery

Tucked into a quiet valley of yak pastures, Machhermo Lodge is surrounded by sweeping mountain views. The cozy heated dining room serves Himalayan specialties and Western favorites and is well-known for its pastries and bread. Rooms are simple, with ensuite squat toilets and shared bathrooms with hot water bucket showers. The stone lodge is set around a courtyard with an enclosed walkway keeping the warmth of the sun inside.

Gokyo Resort

Overlooking the village and beautiful Gokyo Lake, the mountain views from Gokyo Resort are unparalleled. Inside this modern thick-walled lodge is a warm welcome, wood paneled reception, and a dining room with floor-to-ceiling windows to soak up the scenery while enjoying a meal or an espresso. Simple, comfortable rooms feature ensuite bathrooms with hot showers and phenomenal views. Relax and immerse yourself in the high-altitude landscape of Gokyo Lakes.

The Soaltee Kathmandu

A modern hotel with elegant style, the Soaltee Kathmandu is a 5-star Deluxe hotel surrounded by lush gardens and views of the majestic Himalaya mountains. The hotel features well-appointed rooms with modern amenities and traditional touches. Guests can relax by the outdoor pool or unwind with a massage at the spa. The restaurants showcase a diverse range of culinary delights with both local and international flavors.

Departure Dates

This trip is available to run in: March, April, May, October, November

Book early for a greater choice of available dates.

Once you book, your price is GUARANTEED!

April 21-May 4, 2027

October 20-November 2, 2027

November 10-23, 2027

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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