

# GOKYO TREK



## ITINERARY/ INCLUSIONS/ EXCLUSIONS

### Day 01:

Arrive and are met at Tribhuvan International Airport. Transferred to your hotel. Briefed on the process for the trip.

### Day 02:

Kathmandu – Lukla – Phakding

Early breakfast, then picked up from the hotel and taken to the airport for the flight to Lukla 2865m (40 minutes). Start trekking to Phakding, 2650m (3 – 4 hrs)

Overnight lodge stay at Phakding.

### Day 03:

Phakding – Namche Bazaar 3434m (5 – 6 hrs)

Trek through blue pine forests, firs, and junipers to Namche Bazaar.

Overnight stay at Namche Bazaar.

### Day 04:

Acclimatization Day in Namche Bazaar.

An early start to the Everest view point to catch the sunrise over the majestic Himalaya mountains.

Back for breakfast then a free day to rest, relax and explore the village, visit the museum.

Overnight stay at Namche Bazaar.

### Day 05:

Namche Bazaar – Dole 4200m (5 – 6 hrs)

Trek to Dole.

Overnight stay at Dole.

### Day 06:

Dole – Machhermo 4400m (3 hrs)

Trek to Machhermo.

Overnight stay at Machhermo.

### Day 07:

Machhermo – Gokyo 4700m (4 -5 hrs)

Trek to Gokyo. Overnight stay at Gokyo.



[info@experienceearthtravel.com](mailto:info@experienceearthtravel.com)



[www.experienceearthtravel.com](http://www.experienceearthtravel.com)

# GOKYO TREK



## Day 08:

Gokyo – Gokyo Ri 5316m – Machhermo 4400m (6 – 7 hrs)  
Trek to Gokyo Ri, then back down to Machhermo.  
Overnight stay at Machhermo.

## Day 09:

Machhermo – Phortse 3800m (6 hrs)  
Trek to Phortse.  
Overnight stay at Phortse.

## Day 10:

Phortse – Tyangboche 3867m (5 – 6 hrs)  
Trek to Tyangboche.  
Overnight stay at Tyangboche.

## Day 11:

Tyangboche – Jorsale/Monjo 2800m (5 – 6 hrs)  
Trek to Jorsale/Monjo.  
Overnight stay at Jorsale/Monjo.

## Day 12:

Jorsale/Monjo – Lukla (5 – 6 hrs)  
Trek to Lukla.  
Overnight stay at Lukla.

## Day 13:

Lukla – Kathmandu (40 minute flight)  
After a final breakfast on the mountains, enjoy the last views of the Himalayas from the sky on your flight back to Kathmandu.  
Overnight stay at Kathmandu.

## Day 14:

After breakfast, relax, explore, shop. You will be taken to Tribhuvan International Airport or bus depot for your departure from Kathmandu.



[info@experienceearthtravel.com](mailto:info@experienceearthtravel.com)



[www.experienceearthtravel.com](http://www.experienceearthtravel.com)

# GOKYO TREK



## Cost Includes

- ✓ Airport – Hotel - Airport pick up & dropoff.
- ✓ 3 nights' accommodation in 3 star hotel in Kathmandu's tourist centre.
- ✓ All Tea House (lodge) accommodation during the trek.
- ✓ All breakfast, lunch and dinner meals during the trek.
- ✓ Domestic flights from Kathmandu to Lukla to Kathmandu, including airport tax.
- ✓ An experienced Government Licensed Holder guide and porter(s) to carry your luggage during the trek.
- ✓ All guide and porter(s) accommodation, meals, drinks, insurance, salary, equipment, transportation, local tax during the trek.
- ✓ Group medical supplies (first aid kit will be available).
- ✓ All necessary Government required paperwork and National Park Entry Permits and TIMS Card, etc.
- ✓ Travel & Rescue arrangement.
- ✓ All Government Taxes and Vat.

## Cost Excludes

- ✗ All meals other than breakfast, lunch & dinner during the trek.
- ✗ All drinks – tea, coffee, other hot, water, soft drinks, alcoholic.
- ✗ Hot shower
- ✗ Your travel insurance.
- ✗ International airfares to and from Kathmandu.
- ✗ Nepal Entry Visa – obtained easily upon your arrival at Kathmandu Airport.
- ✗ Personal shopping, laundry, etc
- ✗ Personal trekking equipment.
- ✗ Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory)
- ✗ All other tour, sightseeing and other activities outside of the main trek.



[info@experienceearthtravel.com](mailto:info@experienceearthtravel.com)



[www.experienceearthtravel.com](http://www.experienceearthtravel.com)