

# Gokyo Ri Trek



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## Gokyo Ri Trek

URL: <https://hillarysteptrek.com/trip/gokyo-ri-trek/>

### Duration

10 Days

### Per Person Cost

USD 1375

### Difficulty

Moderate

### Group Size

1+

### Best Seasons

March to May, Sep to Nov

### Maximum Elevation

5357m

### Accommodation

Lodge / Tea House

### Transportation

Private

### Meals

B.L.D

### Trip Route

Lukla - Gokyo RI

## Trip Highlights

- Visit one of the highest airports in the world, Syangboche Airport, which is elevated at 3,780m.
- Visit several Sherpa villages in the Everest region, such as Namche, Tengboche, Dingboche, Pheriche, Lobuche, etc.
- Hike one of the highest peaks in the region, Gokyo Ri, which is at an altitude of over 5,430m.
- Visit the majestic Gokyo Valley and Gokyo Lakes and get a chance to see some stunning scenery.
- Get majestic views of mountains like Mount Everest, Ama Dablam, Cho-Oyu, Nuptse, Lhotse, and others.
- Experience the fantastic experience of visiting Sagarmatha National Park and seeing rare endangered species of animals.
- Visit different types of monasteries like Tenboche, Kumjhung, and Namche monastery and learn about ancient Buddhist culture.

## Trip Overview

One of Nepal's most popular and adventurous treks is the 10-day Gokyo Ri Trek in the Everest Region. This expedition takes you further from the Everest Base Camp, also known as **Gokyo Valley Trek** or Gokyo Lake Trek. In this trek, you will experience the Khumbu region, reach the majestic Gokyo Valley, and explore Gokyo Lakes.

*The Gokyo Ri Sagarmatha trek explores the Everest Base Camp, climbs the Gokyo Valley, and sees beautiful Gokyo Lakes.* In the [Everest Region](#), instead of trekking to only Everest Base Camp, you can embark on an alternative journey—one of the most beautiful treks in Nepal, the Gokyo Ri Trek. The trail is **less crowded** than the Everest Base Camp Trek. On this trek, you will enjoy the view of Ngozumpa Glacier, the longest glacier in the Himalayas, along with several other mountains, like Mt. Everest (8,848m), Mt. Lhotse (8,516m), Cho Oyu (8,201m) and Mt. Makalu (8,463m).



Other attractions include Sagarmatha National Park, Tengboche Monastery, Gorakhstep, Kala Patthar, and others. This guide will now discuss the ten-day itinerary for Gokyo Ri. Throughout the journey, you can experience different traditions, religions, and customs, enriching your journey with diverse cultural encounters.

## Trip Itinerary

### Day 01: Fly 35 min to Lukla from Kathmandu/Manthali Airport, Then Trek to Phakding

The Gokyo Ri Trek starts in Kathmandu in the morning. After breakfast, you'll head to Tribhuvan International Airport for your flight to Lukla. Enjoy mesmerizing mountain views during the 35-minute flight, landing at Tenzing-Hillary Airport in Lukla.

We will begin our trek from Lukla, as today's destination is Phakding. This is one of the most accessible trekking routes, as you walk straight and sometimes curvy paths through forests and woods. You'll come across mani walls, chortens, and a few suspension bridges until you reach Phakding in 2 to 3 hours. Overnight stay at Phakding.

#### **Time:**

3-4 hours trek

#### **Accommodation**

Tea house

#### **Meals:**

B.L.D

**Altitude:**

2610m

**Day 02: Trek from Phakding to Namche Bazar**

Today is the day you will reach Namche Bazaar, the gateway to Mount Everest or the capital of Sherpa. As you travel from Phakding to Namche Bazaar, you must climb some altitude and cross different suspension bridges.

At the foothill of the Namche Bazaar, you will climb a trendy Hillary Twin suspension bridge. Just a few steps ahead of the suspension bridge, you will reach Top Dhanda, where you will get the first glimpse of Mount Everest. The distance from Phakding to Namche Bazaar is almost seven hours. Overnight stay at the hotel or lodge in [Namche Bazaar](#).

**Time:**

6-7 hours trek

**Accommodation**

Lodge

**Meals:**

B.L.D

**Altitude:**

3440m

**Day 03: Rest Day and Acclimatized at Namche Bazaar**

Today is the day of rest and acclimatization, and Namche Bazaar is the optimal place for the rest. Among other settlements and villages, Namche is where you can go for local sightseeing, and there are many places to go from the town. Hike around Namche Monastery, Sagarmatha National Park, local villages, or even Hotel Everest View.

Enjoy breathtaking mountain views from Hotel Everest View. In the morning, hike for photography and breakfast, then return to Namche in the evening. An acclimatization day is essential to become familiar with the air pressure, oxygen levels, and climate.

**Time:**

N/A

**Accommodation**

Lodge

**Meals:**

B.L.D

**Altitude:**

3440m

**Day 04: Trek from Namche to Dole**

Several treks branch out from Namche Bazaar, but we will move towards a small Dole settlement. The route is beautiful and scenic as you go through Dudh Koshi Valley, getting glimpses of beautiful mountainous views like Mt Everest, Mt Cho-Oyu, Ama Dablam, and others. You'll also view other peaks

and valleys like Thamserku and Konde Peak.

After six and seven hours of the trek, you will reach the beautiful village of Dole. You'll have time to go sightseeing in the local area and indulge with the locals. Overnight stay at the teahouse at Dole.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
7 hours trek	Tea house	B.L.D

**Altitude:**  
4110m

### **Day 05: Trek from Dole to Machhermo**

Our Dole to Machhermo trek follows the Gokyo Ri trail. This challenging route requires a gradual ascent, taking about 4 hours. Upon reaching Machhermo in the evening, explore the village and interact with the locals. Overnight stay in Machhermo.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
3-4 hours Trek	Tea house	B.L.D

**Altitude:**  
4470m

### **Day 06: Trek from Machhermo to Gokyo Lake**

It is time for the Gokyo Lake Trek. The trail and surroundings are uniquely stunning. During this trek, you will witness majestic mountainous vistas, making all the tiredness and fatigue worthwhile. Compared to other days, you will not be gaining much elevation; however, you will be at a high altitude, so be sure to keep yourself hydrated all the time.

Gokyo Valley is famous for its beautiful Gokyo Third Lake. Dudh Pokhari is in the valley's front yard. After arriving there, you can stroll around local places. There are a few hotels and lodges where you can stay overnight.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
4 hours Trek	Lodge	B.L.D

**Altitude:**  
4790m

## Day 07: Early morning hike to Gokyo Ri and return to Machhermo/Dole

Today is the special day of your 10 Days Gokyo Ri trekking expedition. You will trek towards Gokyo Ri early in the morning as you have to climb some elevation and reach an altitude of over 5300m. From the top of the peak, you will get stunning sunrise views. Furthermore, the majestic view of the entire Gokyo Valley is also clearly visible from the top of the ridge.

The turquoise color of Gokyo Lake and the white snow color of the cliffs shine brightly. After spending an hour there, you will head back to Gokyo village. You should have breakfast or early lunch and then trek back to Macchermo or Dole. Trekking down is more straightforward than ascending, so you will cover more distance.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
6-7 hours trek	Tea house	B.L.D

**Altitude:**  
5357m

## Day 08: Trek from Machhermo/Dole to Namche Bazaar

We will trek from Machhermo or Dole to Namche Bazaar the next day. As we descend, the trail becomes much easier, and there is also less worry of [altitude sickness](#), so the descent becomes much quicker.

However, when descending, be careful of slippery, snowy trails. Many trekkers become injured during the descent. You should explore Namche Bazaar a lot more this time. Go into different cafes, restaurants, or local markets for shopping. You can find different kinds of souvenirs to take home.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
6 hours Trek	Tea house	B.L.D

**Altitude:**  
3440m

## Day 09: Trek back to Lukla

The second last day of the trek will take you to Lukla from Namche. The distance is quite long, but you can quickly descend. Reaching Lukla might take 8-9 hours, but you won't feel tired due to the natural beauty and scenic villages along the way.

You will walk through lush jungles, small villages, and wooden suspension bridges over the Dudh Koshi River. Click as many pictures as you like and create a memory for a lifetime. Once you reach Lukla, you will stay in your hotel, where you can enjoy the success of completing your trek.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
7 hours Trek	Lodge	B.L.D

**Altitude:**

2860m

**Day 10: Early Morning fly back to Kathmandu/Manthali**

Today is the last day of your 10 days, Gokyo Ri Trek. You will board the plane in the early morning to either Kathmandu or Manthali. Hence, your trek concludes. We hope to see you again soon.

**Time:**

30 minutes

**Accommodation**

Self

**Meals:**

B

**Altitude:**

1400m

## Trip Includes

### Accommodation

- Ten nights' accommodation during the trek (Twin Sharing Base)

### Meals

- All the Meals (Lunch, Dinner & Breakfast/Main course) During the trek

### Transportation

- Both ways Flight tickets from Kathmandu/Manthali to Lukla and Lukla to Kathmandu/Manthali

### Extra

- All necessary permits
- Duffel bag, Sleeping Bag (return after complete the trip)
- Government license holder, English Speaking trekking guide, and required Porter (A porter for two trekkers)
- Staff insurance, well-paid salary, equipment, food and Accommodation, etc.
- First Aid Kit
- Farewell dinner in Kathmandu at the end of the trek

- Hillary Step Treks T-shirt
- Government Taxes, official expenses

## Trip Excludes

- International airfare and visa fee (15 Days US\$30 and 30 Days US\$50, 90 Days US\$125)
- All the Accommodation and Meals in Kathmandu
- All the drinks like tea, coffee, Coke, Fanta, mineral water, boiled water, hot shower, battery charge etc.
- Extra nights' accommodation in Kathmandu due to early arrival, late departure, or early return from the trek.
- Your trekking gear.
- Your travel insurance should include emergency rescue.
- Tips for guide and porters.

## Additional Trip Information

### Summit Time of Gokyo Ri Peak

You must trek from the Gokyo Village to reach the **Gokyo Ri summit**. Now, let's consider some factors during the summit climb.



## Starting Point

The starting point of the Gokyo Valley Trek is **Lukla**. You will reach Lukla via a flight from Kathmandu, which will take about 40 to 45 minutes. After landing in Lukla, you can either stop briefly for a break or start trekking. The first stop from Lukla is Phakding, about 6.2 kilometers away and takes about 4 hours to reach.

## Elevation Gain

The Everest Base Camp trek involves significant elevation gains throughout. From Lukla, you will trek to Phakding and **Namche Bazaar, gaining 640 km of elevation**. You will continue climbing altitude from Namche as you will reach Dole, Machhermo, and **Gokyo Lake, which is at 4790m**, which means you have gained an additional 1350 elevation. Lastly, you will climb up to **5350m, the peak of the Gokyo Ri**, which proves you will gain a lot of elevation throughout this trek.

## Duration

The total duration of the Gokyo Ri Trek is 10 days. In the case of each day, the trek duration is **about 6 to 7 hours**. Hence, improving your physical fitness for the Gokyo Ri Trek is wise. Before the trek, you can always practice hiking around your locality by carrying backpacks or participating in fitness-building exercises.



## **A Typical Day on the Gokyo Ri Trek**

A Gokyo Trek Package is one of the most beautiful trekking experiences you will get each day of your trek. This trek itinerary expands from 10 to 14 days, and each day is filled with adventure, trekking, reaching new places, and clicking stunning photos. So, let's look at a typical day on the Gokyo Ri trek that the trekkers will experience.

### **5 AM to 6 AM:**

The typical day for the Gokyo Ri trek begins with the early morning wake-up and preparation. It is wise to stay early and start trekking when fresh and refreshed to cover more distance. But before heading out for trek, trekkers will have delicious breakfast.

### **7 Am to 12 AM:**

Now that you have tasted the delicious breakfast, it's time to embark on your trekking journey. At first, the weather will be chillier, but as the day progresses, it will get warmer. Depending on the season, you may have to carry the rain gear. For example, you will mostly get warm, sunny weather when trekking in spring. You can hike through several villages and explore ancient temples, monasteries, caves, praying spots, etc. Visit local villages, talk with the people, learn about their culture, and taste regional dishes. After about 4 to 5 hours of trek, stop for lunch.

### **12 to 1 PM:**

It's almost midday, and now it's time for lunch. Since you might be tired of all the early sections of the trek today, we recommend you take plenty of carbohydrates and proteins. Your guide will take you to the local restaurant where you can enjoy the delicious local Nepali or Thakali dishes. The main menu for lunch will be local Nepali Dhal, Bhat, and Tarkari, which include rice, lentils, and vegetable curry. This is also an ideal time for a bit of rest and acclimatization. Always listen to your body; do not hesitate to rest when you need rest. After about an hour of lunch and rest, it's time to continue moving forward.

### **1 PM to 5 PM:**

The second portion of the day trek of Gokyo Lake and Gokyo Valley continues after 1 PM. You will be trekking to three for four more hours. As the trek progresses through the villages of Gokyo, naturally, the speed decreases. As the sun sets down, the shadows of the villages loom large in the mountains, making the surroundings even more beautiful. The evening starts, and now it's time to reach the new teahouse destination

### **5 PM to 7 PM:**

In the evening, around 5 PM, you will reach the teahouse. It's time to check your teahouse, unwind, and freshen up. Afterward, you can stroll the village and visit local attractions like restaurants, temples, monasteries, etc. In some villages, villagers gather around the fire, sing, dance, and tell stories. You can participate with the local people, increasing your bond with them.

### **7 PM to 8 PM:**

It's time for dinner in your new teahouse. The dinner is served around 7 to 8 PM; just like lunch, you will have plenty of options. You can choose local Nepali or Thakali Dal, Bhat, Tarkari, and several Western

dishes. In some teahouses, the chefs can prepare Western dishes like Pizzas, Burgers, Dumplings, etc. Eating healthy and carbohydrate foods for energy during your lunch is wise, but don't feel too full, which makes it hard to fall asleep.

## **8 PM to 10 PM:**

After lunch, it's time to go to sleep after 8 PM. It is wise to sleep before 10 PM as you need plenty of rest to begin your trek early in the morning fresh and relaxed. Ensure you get enough REM sleep; otherwise, you will feel tired and groggy the next day.

Hence, this is a typical day on the Gokyo Ri Trek.

## **Best Time for Gokyo Ri Trek**

Gokyo Ri Trek is one of the most challenging treks but extremely fun. However, if you want to make your trip less complicated and more fun, then it is best to trek during the best time. There are two ideal trekking seasons and two off-seasons in Nepal. Let's discuss the best time for Gokyo Ri Trek at the month-to-month interval.

### **Spring Season (March, April and May)**

Spring is also the ideal season for trekking in the Gokyo Ri trek. The season starts in March and ends in May. *Its characteristics attract the trekkers, such as perfect weather, climate, and temperature.* The major attraction of the Spring season trek is the **blooming flowers** throughout the trails. You will trek beside rhododendrons, magnolias trails, and forests throughout the Khumbu region. The weather is sunny during the day, and there is a slight chance of snowfall during the night. The region's temperature reaches 25 degrees during the day, and at night, it reaches up to 5 degrees Celsius.

### **Autumn Season (September, October and November)**

The best time for trekking in Nepal is in the autumn, from late September to November. The weather is usually good for outdoor activities during this time. The days are shorter and not too hot, making it **comfortable for hiking**. *The weather is generally warm, clear, and stable, providing pleasant trekking conditions.* However, nights can be a bit chilly. During this season, you can experience the unique Sherpa culture and lifestyle. The Sherpa people are known for their warm hospitality and rich traditions. You can also enjoy beautiful views of snowy mountains and colorful landscapes. One of the conveniences of trekking in Nepal during autumn is the availability of teahouses along popular routes. These teahouses provide basic amenities, making your trek more comfortable.

### **Monsoon Season (June, July and August)**

Monsoon season is the off-season for the Everest trek, which begins in June and continues until August. This season begins a **few weeks after the summer season**. Initially, the weather gets sunny and humid during the summer, and the temperature rises even at high altitudes. When the monsoon season starts, every region of Nepal continuously gets mild to heavy rainfall. Naturally, it makes the trekking trail wet and slippery to travel. Due to the continuous rain, the vegetation and forests grow, but the damp condition makes insects and mosquitoes unbearable. During the monsoon season, Nepal also suffers from natural disasters like floods and landslides, so this season is not ideal for the EBC trek.

## Winter Season (December, January and February)

Winter season is also not ideal for trekking in the Gokyo region, especially the high-altitude trek. The month begins from December to February when **January is the peak season**. The extreme weather conditions and freezing temperatures make trekking quite challenging. Furthermore, this season, the risk of snowstorms, blizzards, and avalanches is more common, which is why teahouses are often closed. Due to these extreme weather conditions, camping in the barren land will harm your health and property. In the winter, the temperature of the high altitude of Khumbu reaches up to -20 degrees. So trekking for 10 to 11 days in these extreme conditions is not wise, especially for beginners.

## Gokyo Ri Trek Difficulty

The Gokyo Ri trek **might be challenging**, depending on your location. The difficulty of this trek ranges from moderate to strenuous. In this trek, you will reach above 5000 meters; hence, altitude sickness is always possible. Staying hydrated and well-rested throughout the journey is crucial to mitigate these risks and ensure a safe and enjoyable trekking experience.

The Gokyo Ri Sagarmatha trek's highest point, Gokyo Ri, is about 5357 meters in altitude. With good health and reasonable fitness, travelers should find this itinerary manageable.

You will walk about six to seven hours daily; hence, your fitness and stamina must be maintained. Jogging for an hour a day for at least two to three weeks during the Gokyo Ri trek is also recommended. Furthermore, this can only be done with technical climbing skills.

## Drinking Water, Communication, and Electricity during the trek

### Drinking Water

During your Gokyo Ri Trek, planning for the drinking water is wise. You can buy mineral or sparkling water in areas like Kathmandu, Lukla, and Namche Bazaar. However, you won't get adequate water sources as you climb the altitude. Taps and Hand pumps are not the optimal and healthy water source, so do not directly drink them. Instead, ask for boiled water from your teahouse. You may have to pay extra for them, but it is worth it.

### Communication

Communication facilities are important, especially in remote areas like Gokyo Ri. Hence, you have to research the communication services. Mobile phones work naturally in lower altitudes, but the coverage might not be as suitable as you go higher. In that condition, another mode of communication, like a satellite phone, can work like a treat. In higher altitudes, the WIFI signals will not be as ideal to make sure you have the NTC and Ncell internet card for the internet.

### Electricity

When trekking in the Everest region, access to electricity has improved in recent years. However, it's essential to have realistic expectations about how reliable and available electricity will be. Teahouses and lodges use solar panels to generate electricity, especially at higher altitudes and with limited power

sources. Some villages also have small-scale hydroelectric power stations for electricity, which is more common in lower altitude areas.

## **Food on the Gokyo Ri Trek**

The food available on the Gokyo Ri trek is largely Nepalese, with some Tibetan and Indian influences. As you ascend, the variety and quality of food typically decrease, and prices increase. It's essential to pack energy-rich snacks for your trek.

### **Breakfast**

- Classic Nepali breakfast: Dal bhat (lentil soup with rice), omelet, toast with jam, fried potatoes.
- Continental options: Pancakes, cereals, porridge.
- Beverages: Tea (black or milk), coffee, hot chocolate.

### **Lunch**

- Packed lunch: Sandwiches, boiled eggs, biscuits, chocolates.
- Teahouse options: Thukpa (Tibetan noodle soup), momo (Nepalese dumplings), fried rice, pasta.
- Beverages: Tea, coffee, hot chocolate.

### **Dinner**

- Nepali staples include Dal bhat (lentil soup with rice), vegetable curry, and meat curry (chicken, mutton, yak).
- Other options: Fried rice, noodles, pasta, and pizza (limited availability).
- Beverages: Tea, coffee, hot chocolate, beer (limited availability).

### **Drinks**

- Hot beverages: Tea, coffee, hot chocolate, ginger tea, lemon tea.
- Cold beverages: Bottled water (limited availability), soft drinks (limited availability).
- Alcoholic beverages: Beer (limited availability), local spirits (limited availability).

## **Accommodation on the Gokyo Ri Trek**

Accommodation on the Gokyo Ri trek consists of teahouses, with a few lodges offering slightly better amenities. As you ascend, the quality and comfort of accommodations decrease.

### **Teahouses**

#### **Features**

- Basic rooms with shared bathrooms.
- Blankets are provided, but you might need a sleeping bag for extra warmth.
- Limited electricity is often available only for a few hours in the evening.
- Hot water is available for showering but may be limited and cold.

## Lodges

- Private rooms with attached bathrooms (in some cases).
- Better bedding and amenities compared to teahouses.
- More reliable electricity and hot water.
- Higher prices than teahouses.

## Things to Remember

- Room availability can be an issue during peak trekking seasons, especially in higher altitudes.
- Tea house staff might double as cooks and guides, so service can be slow.
- Bring earplugs as rooms can be noisy due to shared walls.
- Pack warm clothing for nights as temperatures can drop significantly.

## Additional tips

- Book your accommodation in advance during peak seasons.
- Carry cash, as credit card facilities are limited.
- Be prepared for basic living conditions, especially at higher altitudes.
- Respect the local culture and environment.

## Travel Insurance

Before you trek to Gokyo Ri, make sure you get travel insurance. It's essential for your safety. If something unexpected happens, travel insurance can cover your medical costs and help with other travel emergencies.

When getting travel insurance, check that it covers high altitudes (above 4000 meters), medical emergencies, emergency rescues, and personal liability. It should also protect against luggage loss, theft, and flight cancellations.

Remember that travel insurance will not cover some things, such as pre-existing medical conditions, precious items, negligence or reckless damage, and items related to terrorism.

## Gokyo Ri Trek Permit

For Gokyo Ri Trek, you need two permits: **the Khumbu Pasang Lhamu Municipality Permit and the Sagarmatha National Park Entry Permit.**

## Khumbu Municipality Trekking Permit

Since October 2018, the local government of the Khumbu region has introduced a new permit to replace the TIMS Card. You no longer need the TIMS Card when trekking in the Khumbu region. Instead, you must get the Khumbu Pasang Lhamu Rural Municipality Permit.

### Where to Issue

You can't obtain this permit in Kathmandu. You can only get it in Lukla or Monjo.

## Cost of The Permit

The Khumbu Pasang Lhamu Rural Municipality Permit costs around US\$ 18 per person.

## Sagarmatha National Park Permit

In addition, you need a national park permit to enter the Sagarmatha National Park since the region passes through the national park itself. It would be best to have a license to enter the national park because it is kept in a highly conserved area of Nepal.

### Where to Obtain:

You can obtain this permit from the Nepal Tourism Board in Kathmandu or Monjo.

### Cost of Permit

The cost of the Sagarmatha National Park Permit is US\$ 27 per person.

## Gaurishankar Conservation Area Permit

If you plan to go on the Gokyo Ri Trek from the classic Jiri route, you must also get the Gaurishankar Conservation Area Project Permit (GCAP). The permit cost is US\$ 27 per person, available at the Nepal Tourism Board in Kathmandu.

Please note that all the permit fees are payable in Nepalese currency only. Therefore, ensure you have enough cash for local rupees before trekking in this region.

## Gokyo Ri Trek Distance

The Everest Gokyo Ri Trek's total distance is about **6.2 km or 3.8 miles**. The trek begins from Lukla to Namche Bazaar, and the total distance from those places is 13.5km. You will move forward from Namche Bazaar to Tengboche, with a distance of 5.2 km.

The total distance from the Gokyo Village to the Gokyo Summit Ri is 4 km (2.4 miles) round trip. So it will take just about 1 to 2 hours to reach the summit. The total distance from Namche Bazaar is 30-35 km (18-22 miles) one way, but if you want to go further from Gokyo to Phortse, you have to walk 5-18 km (9-11 miles) one way,

## Cost for Gokyo Ri Trek

The **cost of the Gokyo Ri Trek** starts at USD 1000 and goes up to USD 1375, depending on the number of pax. However, as you know, the more people you have trekking with you, the more discount you will receive.

These are the basic costs that you will have to pay per trekker. However, other expenses include Accommodation and meals, guides and porters fees, and some unplanned personal expenses. So make sure you carry enough local cash, and you can also exchange money in local currency in city areas like Kathmandu, Lukla, and Namche Bazaar.

## **Altitude Sickness and Remedies**

Altitude Sickness is also known as the acute mountain sickness. The trekkers trekking above an altitude of over 3000 are more susceptible to altitude sickness when they try to rush to the altitude quickly. Hence, this is why trekking agencies always keep one to two days for rest or acclimatization.

The symptoms of altitude sickness can be mild or serious. The mild symptoms include nausea, vomiting, shortness of breath, bone and joint aches, headache, and fever. However, when the altitude sickness becomes more serious, it can result into

- High Altitude Pulmonary Edema (HAPE)
- High Altitude Cerebral Edema (HACE)

The HAPE affects the lungs of the trekkers, whereas HACE affects the victims' brains. If the symptoms of these serious acute mountain sicknesses are visible, the victim must be immediately admitted to the hospital. Knowing the remedy for altitude sickness is essential since prevention is better than cure.

## **Gradual Acclimatization**

The best way to prevent altitude sickness is gradual acclimatization. Acclimatization is getting used to the weather, climate, and oxygen levels of the surroundings. So when you are trekking above the altitude of 3000m, make sure you are not climbing the altitude rapidly and also take plenty of rest throughout the trek. The motto Trek High Sleep Low can be life-saving, especially for beginners.

## **Keep Yourself Hydrated**

Another remedy for altitude sickness is being hydrated throughout the trek. Dehydration is very common at high altitudes, and since you don't feel you are sweating too much, ensure you drink at least five liters of water daily throughout your trek duration.

## **Avoid Caffeine and alcohol**

Another major source of dehydration is the excessive consumption of caffeine and alcohol, especially at high altitudes. So we recommend you avoid products such as coffee and alcohol when climbing above 2000m. Different teahouses may sell these products, but self-control is necessary for your health.

## **Healthy and Well Nutrition**

Ensure you have healthy and well-nourished foods to give you as much energy as you need during the trek. Eat healthy foods full of carbohydrates, proteins, vitamins, etc. Do not consume meats in the high altitude remote teahouses as they might not be adequately cooked, impacting your health.

## **Everest Base Camp Vs. Gokyo Ri Trek**

Everest Region has two major trekking destinations: [Everest Base Camp Trek](#), Gokyo Lakes, and Gokyo Ri Trek. The trek to the Everest region will provide several opportunities. So, let's look at the major difference between EBC and Gokyo Ri Trek and which trek is worth more.

## **Duration of Trek**

The Everest Base Camp Trek has a longer days duration than Gokyo Ri Trek. The EBC trek's average duration is about 12 days, whereas the Gokyo Ri trek lasts 10 days. However, for both of these treks, it is essential to raise your physical stamina and fitness.

## **Crowds**

Everest Base Camp is one of the most popular trekking destinations in Nepal. Hence, it is also a trek where you will find many local and foreign crowds.

On the other hand, Gokyo RI Trek is one of the peaceful trekking destinations with fewer crowds than EBC Trek.

## **Landscapes and Views**

The Everest Base Camp trek is known worldwide for its majestic and stunning Himalayan landscapes. Throughout the trek, you will see some of the biggest peaks in the Khumbu region. The landscapes change from the subtropical region to lush forests, rhododendron trails, rocky peaks and valleys, and snowy mountains.

On the other hand, Gokyo RI trek takes you on a different kind of adventure. You will trek across peaks, valleys, and beautiful Gokyo Lakes. Gokyo Village is one of the most beautiful villages in Nepal, and you will see the magnificent view of the Gokyo Valley from the Gokyo Ri.

## **The Major Attraction of Gokyo Ri Trek**

Gokyo Ri Trek is quite a beautiful and special trek in the Khumbu region. Here are some of the major attractions of Gokyo Ri Trek.





## No Crowds

Unlike other trekking regions in Nepal, like the EBC trek, the Gokyo Ri is a very peaceful trek as there are not many crowds. This is unsurprising, as it is more challenging than other trekking destinations. For every experience, you won't be disturbed by the huge crowds. Lack of crowds also helps you get proper services in teahouses.

## Gokyo Lakes

Gokyo Lakes is a stunning attraction in Sagarmatha National Park. The lakes lie at an altitude from 4700 to 5000m. These lakes are the world's highest freshwater lake system, comprising six main lakes.



The world's highest freshwater lake systems include six main lakes, including Thonak Lake. Due to its popularity and to preserve its cultural aspects, the venue is included in the Ramsar site.

## Ngozumpa Glacier

Another major attraction you can witness during your Gokyo Ri trek is the Ngozumpa Glacier. It is the longest glacier in the country, and when trekkers see the sheer size of it, they will be overwhelmed. This is one of the best places to click some majestic photos of this glacier. The trails surrounding the glacier are challenging, filled with slippery slopes and glacial moraines.

## Gokyo Ri

The major attraction of the Gokyo Ri trek is the Gokyo Ri peak itself. The height of the Gokyo Ri peak is 5,357m. The form where you can see one of the most breathtaking views of the Gokyo Valley. So soak the atmosphere, and don't forget to click some lovely photos.

## Fifth Lake Vs. Gokyo Ri Trek

Both Gokyo Ri and Fifth Lake Trek are stunning trek that takes you to the remote places of the Khumbu region. However, these treks are not similar and attract different types of trekkers. So, let's get into them.

## Gokyo Ri Trek

**About:** Gokyo Ri Trek is one of the most accessible and beautiful treks, and it takes you to the majestic Gokyo Village, Valley, and Gokyo Ri. You will reach an elevation of over 5357m, from which you can see majestic mountain views.

**Trek Difficulty:** Gokyo Ri's difficulty ranges from moderate to challenging.

**Major Attraction:** Majestic Gokyo Lakes, Views of Gokyo Ri, Sherpa Culture and Tradition. Gokyo Village

**Ideal For:** This trek is ideal for someone wanting adventure and seeing beautiful views. They have to be moderately fit.

## Filth Lake Trek

**About:** The Fifth Lake Trek is more difficult and challenging as it passes through a more off-beaten path. This is ideal if you want a more peaceful and remote trek.

**Trek Difficulty:** More challenging than Gokyo Ri Trek.

**Major Attraction:** Stunning wilderness, Views of Mount Everest and other mountains, off the beaten path.

**Ideal For:** Adventure junkers who love extreme trekking at high altitudes.

## Independent Vs Guided Trek

Trekking in Gokyo Ri can be challenging, especially for beginners; however, if you are a veteran trekker, you might prefer the independent trek. There is no clear-cut choice between independent and guided treks, as the preference is based on the trekkers themselves. However, both treks have pros and cons, so let's get into it.

### Independent Trek

Independent Trek is quite simple; you can trek independently without other trekkers or guides. Here are some pros and cons of the independent trek.

#### Pros

- Flexibility: You set your own pace and itinerary.
- Cost-effective: Eliminates guide and porter fees.
- Autonomy: Full control over your journey.
- Adventure: Experience the thrill of independent exploration.

#### Cons

- Requires experience: Good trekking experience is essential.
- Navigation: You need strong navigation skills.
- Permits: Obtaining permits can be time-consuming.
- Accommodation: Booking accommodation in advance is necessary.
- Safety: You assume full responsibility for your safety.

### Guided Trek

The guided trek to the Everest region is where you will be trekking alongside like-minded trekkers and guides. There are a few pros and cons of the guided trek in Nepal.

#### Pros:

- Expertise: Guides have in-depth knowledge of the region.
- Safety: Guides prioritize safety and can handle emergencies.
- Logistics: Accommodation, permits, and meals are handled.
- Cultural insights: Guides share local knowledge and customs.
- Porters: Help carry your gear, reducing physical strain.

#### Cons:

- Cost: More expensive than independent trekking.
- Less flexibility: You follow the guide's itinerary.
- Group dynamics: You share the experience with others.

### Sagarmatha National Park

Sagarmatha National Park is a UNESCO World Heritage Site in the Himalayan region of Nepal. The park

covers over 1100 square kilometers and is home to many important peaks, including Mt. Everest. It also serves as a habitat for over 100 species of birds, as well as rare animals like the snow leopard and red panda.

Sagarmatha means 'Head of the Sky', an appropriate name for the highest altitude national park in the world. Situated in the district of Solukhumbu, the park is about 135 km from Kathmandu. Getting to the park may seem difficult and usually involves much hiking.

To trek the region surrounding the Sagarmatha National Park, you must issue the Sagarmatha National Park permit since the national park is included in the Ramsar site and has been conserving endangered species of plants and animals.

## **Lukla Flight**

Trekking in the Everest Region is incredibly beautiful. First, most treks require a short flight from Kathmandu to the Tenzing-Hillary airport in Lukla. This small airport is high in the Himalayan mountains and is the only way to reach the region's EBC trek and other treks.

Lukla, situated at an elevation of 9400 feet (2,860 m), is a central point for trekking and shipping throughout the year. The airport has experienced a consistent rise in traffic as it serves as the primary entry point for trekkers and equipment.

The [flight to Lukla](#) usually takes 30 to 45 minutes (only 12 minutes from Ramechhap). During the flight, you'll see the challenging terrain of Nepal as you pass over isolated mountain valleys and the interconnected mountain ranges below.

## **Is Everest Seen from Gokyo Ri?**

Yes, Mount Everest is seen from the Gokyo Ri peak. One of the major attractions when you visit the Gokyo Ri trek is the stunning views of the mountains, such as Mount Everest, Ama Dablam, Cho-Oyu, Nuptse, Lhotse, and others.

The combination of the Mount Everest view from the Gokyo Ri trek with the valleys and villages makes the trek worth it. However, other treks like Mera Peak exist if you want a crystal clear view of Mount Everest.

## **Eye-catching view of Sunset from Gokyo Ri**

Gokyo Ri is the highest elevation you will reach during your journey to Gokyo. One of the stunning views from the Gokyo Ri Peak is the majestic sunrise and sunset. Especially during sunset, the surroundings turn golden brown as the sun's rays reflect with the snowy mountains.

The atmosphere of the Gokyo Valley during the sunset is majestic and overwhelming to all your senses as the sun begins to drop along with the region's temperature, and the cold breeze starts flowing rapidly. So, if you love clicking photographs, there is no better time than the beautiful sunset.

## Trekking Tips

There is no doubt that the Gokyo Ri Trek is quite fun; however, it is equally challenging. Hence, to increase your fun and decrease the challenges of the trek, it is wise to prepare for the trekking. Here are some trekking tips you can follow before and during your Gokyo Ri Treks.

## Physical Preparation

- Engage in regular cardiovascular exercise to increase strength and your core body.
- Practice your trek or hike with a backpack months before trekking to Gokyo Ri.
- Before your trek, learn about acclimatization, and during it, make sure you are implementing it.
- Always Pay attention to your body and rest when you feel like it.

## Health and Safety

- Make sure you consult your doctor if you have any pre-medical condition.
- It is wise to hire guides and porters for better navigation and safety.
- Make sure you are properly hydrated during your trek.
- Always eat carbohydrates and protein foods that give you energy for the trek.
- Make sure you carry sunglasses and sunscreen to protect you from sun rays.

## Gear Essentials

### Clothing

#### Upper Body:

- Quick-dry, breathable T-shirts (2-3)
- Long-sleeved thermal tops (1-2)
- Fleece jacket or pullover
- Down jacket
- Waterproof and windproof jacket

#### Lower Body:

- Trekking pants
- Thermal leggings

#### Footwear:

- Sturdy hiking boots with good ankle support
- Lightweight sandals or flip-flops for camp
- Warm, waterproof socks

#### Headwear:

- Warm beanie or fleece hat
- Sun hat

- Buff or neck gaiter

### **Handwear:**

- Warm, waterproof gloves
- Liner gloves

### **Accessories**

- Sunglasses with UV protection
- Sunscreen with high SPF
- Lip balm with sun protection

## **Gear**

- Backpack:
- Sleeping Gear:
- Headlamp with extra batteries
- Camera and accessories
- Power bank
- Waterproof phone case

## **Other**

- Trekking poles
- Water bottles or hydration pack
- Water purification tablets or filter
- Reusable cutlery
- Travel towel
- Toiletries (biodegradable)
- Personal medication
- First aid kit
- Passport and necessary permits
- Books or e-reader
- Playing cards or other games
- Snacks
- Extra batteries

## **Cultural Insights**

- Always respect local customs
- Ask permission before clicking photographs
- Do not litter any trekking destinations, especially temples or monasteries.
- Support local businesses and buy products from these vendors.

## **Benefits of Choosing Hillary Step Treks**

- Our experienced team of over one decade has accomplished treks in Gokyo Ri Treks and other

expeditions.

- Our guides are fluent in English and Nepali dialects. They know the terrain, culture, people, and the Khumbu region through & through.
- HST provides you with the best value services for your money. There is no hidden cost; every step with HST is transparent and clear. We value our clients over profit any day.
- Your safety is the top priority while trekking with the HST team. Thus, a first-aid kit or rescue team provision is required in an emergency.
- We are a government-registered company providing real care services at the best reasonable rate.
- Our company also has 70% of our clients showing their trust in us over the years.
- We go the extra mile to ensure a complete trekking experience in Nepal. HST is your ideal choice for trekking in Nepal.

## **FAQs of Gokyo Ri Trek**

### **How do you avoid altitude sickness in Gokyo Ri Trek?**

Some ways to avoid altitude sickness in Gokyo Ri Trek are walking in your place, taking plenty of rest to acclimatize, staying hydrated, avoiding alcohol, cigarettes, and tobacco, and mainly eating soup. The symptoms of altitude sickness are headache, nausea, fatigue, and dizziness. If you have such symptoms, descend to a lower altitude immediately and seek medical attention if necessary.

### **How long is Gokyo Ri trek?**

The Gokyo Ri Trek can take eight to fifteen days, depending on factors like the use of motor transportation, your route, and the chosen endpoint. You will walk about six to seven hours daily to complete the trek.

### **What are the permits required for the Gokyo Ri Trek?**

To trek in Gokyo Ri, you will primarily need two permits: a Sagarmatha National Park permit and a Khumbu Pasang Lhamu rural municipality entrance permit. Previously, a TIMS (Trekker's Information Management System) card was required. However, since October 2018, it has been replaced with a Khumbu Pasang Lhamu Rural Municipality Permit.

### **Can you see Everest from Gokyo Ri Trek?**

You can see the beautiful and majestic Mount Everest throughout the Gokyo Ri Trek. Apart from Mt. Everest, you can enjoy the breathtaking views of at least four 8000m mountains, including Mount Everest, Makalu, Lhotse, and Cho Oyu. This trek also offers splendid views of various lakes, glaciers, and smaller 7000m snow-capped mountains.

## **How do I prepare for Gokyo Ri Trek?**

To prepare for the Gokyo Ri Trek, consider weather conditions, choose the right season, carry light luggage, stay hydrated, wear waterproof attire, respect local culture, choose the proper footwear, pack warm clothes, and carry a first aid kit.

## **What are the best seasons for trekking in the Everest region?**

Autumn and spring are the most favorable seasons for the Gokyo Ri Trek. During these seasons, there is a minimal risk of cold, snow, or rain, and the environment and weather are ideal for traveling. You can enjoy vegetation, flora, and fauna during the spring, while the autumn season offers you an opportunity to enjoy two main festivals in Nepal- Dashain and Tihar.

## **Do you need help finding food facilities in the Everest region?**

Finding food facilities in the Everest region is simple. You will have access to hearty meals three times a day. Breakfast and dinner will be provided at the lodge where you are staying, while lunch will be available at tea houses or small restaurants along the trail.

## **What is the age limit for the Gokyo Ri trek?**

There is no official age limit for trekking in the Everest Region, but it's essential to consider individual fitness levels and health conditions. People of varying ages have completed this trek, with the youngest recorded age 12 and the oldest 84. Despite the age, being mentally prepared and physically fit is critical to completing the trek.

## **Do you need help finding accommodation facilities in the Gokyo Ri Trek?**

The accommodation facility is readily available to trekkers in the Gokyo Ri. Along the trail are numerous tea houses, lodges, guesthouses, and homestays where trekkers can stay overnight. When renting a room in these accommodations, you can typically expect shared rooms, food, and basic amenities.

## **How do you trek from Lukla to Gokyo?**

To trek from Lukla to Gokyo, you typically start with a flight from Kathmandu to Lukla. From Lukla, you follow the trail to Namche Bazaar. After acclimatizing in Namche, you proceed to Dole and then to Machhermo. The trek continues to Gokyo, where you can explore the stunning Gokyo Lakes and climb Gokyo Ri.

## **How much does the Gokyo Lake trek cost?**

The Gokyo Ri trek ranges from \$1200 to \$1800 per person. This includes expenses for flights, permits, transportation, accommodation, guides, and porters. However, the total cost can vary based on the season of travel and any additional activities you choose to do during your trek.

## **How tall is the Gokyo Ri pass?**

Gokyo Ri is not a pass but a summit at an altitude of 5,357 meters. It is a popular viewpoint in the



Everest region, offering stunning panoramic views of Mount Everest, the Gokyo Lakes, and the surrounding peaks.

### **What is the depth of Gokyo Lake?**

The depth of Gokyo Lake is 43 m. The lake is known to be quite deep and is one of the highest glacial lakes in the world. This glacial lake is known for its stunning turquoise color and is part of a series of high-altitude lakes in the Everest region.

### **Is Gokyo Ri worth it?**

Yes, Gokyo Ri is worth the trek. The climb to Gokyo Ri offers some of the most spectacular panoramic views in the Himalayas, including breathtaking vistas of Everest, Makalu, and Cho Oyu, as well as the stunning Gokyo Lakes below.

### **Address**

Nayabazar 16, Kathmandu, Nepal