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NEPAL · EVEREST, KHUMBU

Gokyo Valley Comfort Trek

Discover the serene side of the Everest region on the Gokyo Lake Comfort Trek, a rewarding journey through beautiful Sherpa villages, peaceful valleys, and sparkling glacial lakes.

TRIP PRICE
$1,750

COST / PRICE	REGION	DURATION	MAXIMUM ALTITUDE
$1,750	Everest, Khumbu	17 days	5,416 m

BEST SEASON	DIFFICULTY	ACCOMMODATION	TRIP TYPE
Spring & Autumn	Challenging	Teahouse / Lodge	trekking

HIGHLIGHTS

What makes this trip special

01 **Gokyo’s Turquoise Glacial Lakes: Discover the stunning series of sacred glacial lakes surrounded by dramatic Himalayan peaks and peaceful alpine landscapes.**

02 **Breathtaking Gokyo Ri Sunrise: Climb Gokyo Ri for an unforgettable sunrise panorama of Everest, Cho Oyu, Lhotse, Makalu, and the surrounding Himalayan giants.**

03 **Authentic Sherpa Culture: Experience the warm hospitality, traditional villages, ancient monasteries, and unique mountain lifestyle of the Sherpa communities.**

04 **Comfort & Serene Trails: Enjoy a carefully paced journey through beautiful valleys and quieter trails, combining Himalayan adventure with a more relaxed and comfortable trekking experience.**

OVERVIEW

Journey overview

Escape the crowds and discover Everest's hidden gem: The Gokyo Comfort Trek
Everest Base Camp may be all the rage, but for those seeking a quieter, more relaxed adventure, the Gokyo Comfort Trek offers a stunning alternative. This program is perfect for trekkers who want to savor the magic of the Himalayas at their own pace, while still enjoying breathtaking views of the world's highest peak.
Your journey begins with a thrilling scenic flight to Lukla, nestled amidst the majestic peaks. From there, you'll embark on a trail that winds through charming Sherpa villages like Namche, Khumjung, and Tenboche, each with its unique culture and breathtaking scenery. Immerse yourself in the local way of life, witness the ancient traditions, and learn about the legendary mountaineers who have called these mountains home.
As you ascend, prepare to be awestruck by the beauty of the Gokyo Valley, dotted with sparkling glacial lakes reflecting the snow-capped peaks. Your ultimate reward awaits at Gokyo Ri, the highest point of the trek. From here, panoramas of Everest and its neighboring giants unfold before you, leaving you speechless with their grandeur.
Beyond the breathtaking landscapes, the Gokyo Comfort Trek offers a treasure trove of experiences. Cross swaying suspension bridges, feel the thrill of the wind in your hair, and meet the friendly Sherpa people who will share their stories and traditions. Every step is an adventure, every moment a chance to connect with the soul of the Himalayas.
So, if you're looking for a quieter, more immersive Everest experience, the Gokyo Comfort Trek is waiting for you. Trade the crowds for serenity, and discover the magic of this hidden gem in the shadow of the world's tallest mountain.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Welcome to Kathmandu

Upon arrival at Tribhuvan International Airport (TIA), Kathmandu, our friendly representative will warmly welcome you and transfer you to your comfortable hotel. Take some time to relax and settle in before joining a detailed briefing about your Gokyo Lake Comfort Trek in the evening. Led by your experienced trekking guide or a Community Treks representative, the briefing will cover the itinerary, trekking conditions, essential preparations, and safety information. It’s also the perfect time to ask any final questions and prepare for your exciting journey into the heart of the Everest Himalayas.

DAY 2

Soaring to Lukla and Descending to Phakding

Get ready for an exciting start to your Gokyo Lake Comfort Trek with an early morning journey to Lukla, the gateway to the Everest region. Depending on flight operations and seasonal conditions, you can either take a direct flight from Kathmandu to Lukla or drive to Manthali and continue with a short scenic flight to Lukla. The Manthali option is commonly used during busy trekking seasons when flights are operated from this airport, helping manage air traffic and improve flight availability.

Upon landing at Lukla (2,800 m), take a moment to enjoy the spectacular Himalayan surroundings and have breakfast if time permits. From Lukla, begin your first trekking section toward Phakding (2,652 m). The trail follows a gentle downhill route through charming mountain villages, pine forests, suspension bridges, and alongside the beautiful Dudh Koshi River. This relaxing introduction allows you to experience the peaceful atmosphere, natural beauty, and traditional lifestyle of the Everest region before the trail gradually leads deeper into the Himalayas.

DAY 3

Trek to Namche Bazar 3,440m.

Continue your journey along the beautiful Dudh Koshi River as the trail gradually climbs toward Namche Bazaar (3,440 m), the vibrant gateway to the Everest region and the heart of Sherpa country. Walk through pine and rhododendron forests, cross impressive suspension bridges, and pass traditional mountain villages while enjoying glimpses of the surrounding Himalayan peaks. Upon reaching Namche, explore its lively streets filled with colorful shops, bakeries, cafés, and welcoming teahouses, offering a wonderful glimpse into Sherpa life. You can also visit the Sagarmatha National Park Visitor Center to learn more about the region's unique wildlife, plants, culture, and mountaineering heritage. Spend the night in Namche, allowing your body to gradually adjust to the increasing altitude before continuing deeper into the Everest Himalayas.

DAY 4

Rest and explore in Namche Bazaar!

Today is dedicated to acclimatization and exploration in Namche Bazaar, giving your body valuable time to adjust to the higher altitude while enjoying the lively atmosphere of the Sherpa capital. Take a leisurely walk through the colorful streets, browse local shops, relax in a cozy café or teahouse, and experience the unique rhythm of mountain life. For spectacular views, take an optional hike to the Everest View Hotel, where you can admire breathtaking panoramas of Everest, Ama Dablam, Lhotse, and surrounding peaks. You can also visit the local museum or Sagarmatha National Park Visitor Center to learn about Himalayan wildlife, Sherpa culture, mountaineering history, and the unique natural heritage of the Everest region.

DAY 5

Trek to Khumjung Village 3,790m.

Begin the morning with a scenic hike toward the Everest View Hotel (3,880 m), following the trail through Syangboche and enjoying spectacular views of the surrounding Himalayan peaks. Take a well-earned break with a warm cup of tea while soaking in panoramic views of Mount Everest, Ama Dablam, Lhotse, Thamserku, and other majestic mountains. The peaceful setting offers excellent opportunities for photography and a memorable Himalayan experience.

Continue downhill to the beautiful Khumjung Village, a traditional Sherpa settlement surrounded by impressive mountain scenery. After lunch, explore the village and its cultural highlights, including the historic monastery, which is associated with the legendary yeti story, and the Hillary School, established through the support of Sir Edmund Hillary. Spend time observing local life, traditional stone houses, and Sherpa culture before returning to the peaceful atmosphere of the Everest region.

DAY 6

Trek to Tengbuche - Spiritual Place!

Get ready for a day of steady decent, with the first stretch taking you 600 meters to Phungi Thanga. From there, it's another 700 meters to ascend to Tengboche Monastery, your destination for the day. Expect a leisurely 4-5 hour journey through the stunning Himalayan landscape.

Tengboche Monastery: A Spiritual Sanctuary: Arriving at Tengboche is like stepping into another world. Immerse yourself in the quiet energy of this ancient monastery, one of the oldest in the Khumbu region. In the evening, witness the traditional puja ceremony, a mesmerizing display of chanting and prayer flags. Let the spiritual vibes wash over you and find peace amidst the majestic mountains. Don't miss the breathtaking sunset views from Tengboche, where Everest and Lhotse paint the sky in fiery hues.

DAY 7

Trek to Phortse Sherpa Village

Morning Stroll through Wilderness: Fuel up with breakfast and prepare for a gentle descent. Your first-hour winds through enchanting rhododendron and pine forests, a fragrant and colorful start to your day. After crossing a charming bridge, the path begins to climb towards the quaint village of Phortse. This relaxed, four-hour walk takes you through breathtaking scenery, reaching the village just around lunchtime.

Discovering Phortse: Once you arrive, settle into your cozy accommodation and savor a well-deserved lunch. With the afternoon stretching before you, Phortse beckons you to explore its hidden corners. Wander through the lively streets, soak in the vibrant Sherpa culture, and keep your eyes peeled for local wildlife. Spotting a majestic mountain goat, a Himalayan monal, or even the elusive musk deer would be a true highlight of your day. As the sun sets, find a perfect spot to appreciate the stunning mountain panoramas and revel in the tranquility of this remote village.

DAY 8

Trek to Dole 4,038m.

Embrace the downhill: Today kicks off with a refreshing 40-minute walk down to the riverside. Cross a charming bridge and prepare to ascend towards Dole, your destination for the day. This less-than-4-hour journey promises breathtaking views as you navigate the transition from lush jungle to rugged mountain landscapes.

A Taste of the Tree Line: As you reach Dole, perched near the tree line, you'll be rewarded with panoramic vistas and a taste of the high-altitude world. Immerse yourself in the pristine beauty of the Himalayas and soak up the invigorating mountain air.

DAY 9

Dole to Machhermo 4,470m.: Embracing Open Skies and Mountain Magic

Today's trek to Machhermo is a gentle walk uphill for about 4 hours. Say goodbye to the trees and hello to big open spaces with nothing but the blue sky above! You might miss the trees, but you'll love the fresh mountain air filled with the wild perfume of juniper and other mountain plants. And get ready to be amazed! Along the way, you'll catch your first glimpse of Mount Choyo, a giant mountain standing tall like a guard. Seeing it makes this walk extra special like every step takes you closer to something magical.

DAY 10

Trek to Gokyo Lake 4,780m. - your stunning goal

Get ready for a big day! Today's adventure leads you to Gokyo Lake, a breathtaking jewel nestled in the Himalayas. It's about a 4-hour walk, but you'll likely want to take even longer to soak in the beauty.

The Gokyo Valley holds five stunning lakes, each reflecting the snow-capped peaks like mirrors. Today, you'll pass the first and second lakes, building anticipation for the grand finale: Gokyo Lake itself. Trust me, this place is truly magical, one of the most beautiful spots on Earth!

DAY 11

Reaching New Heights at Gokyo Ri 5,3,56m. (optional adventure)

You've reached Gokyo! Now, the question is: are you ready to conquer Gokyo Ri? It's a challenging 3-hour climb up, followed by a 2-hour descent, but the reward is mind-blowing. From the summit, the world unfolds like a breathtaking masterpiece. Turquoise lakes shimmer, snow-capped peaks pierce the sky, and the panorama is simply priceless.
Sunrise or sunset? Both are incredible, but I'm a sucker for sunsets. The mountains glow like molten gold, and the sky explodes in a kaleidoscope of colors. It's a sight that words can't describe.

Of course, climbing isn't for everyone. If you're not feeling up to it, there's another option: a relaxing hike near Renjola Pass. It's easier than Gokyo Ri, but the views are still stunning. You'll soak in the same magical landscape, just from a different angle.

So, what will you choose? Will you conquer the challenge and witness the magic from Gokyo Ri's peak? Or will you take a stroll and savor the beauty of a nearby spot? No matter your choice, Gokyo will leave you breathless and filled with wonder.

DAY 12

Focus on the downhill journey and diverse experiences: Dole 4,038m.

Goodbye, high altitude! Today's the day we descend back to Dole Village, but don't think of it as just going down. It's like a victory lap, a chance to celebrate all the incredible experiences we've packed into this adventure. As we walk, let's reminisce about the challenges we conquered, the beauty we witnessed, and the friendships we've made. It's a day to savor every step and every memory.

DAY 13

Trek to Namche Bazar 3,440m.

Today's journey brings us back to Namche Bazaar, but it's not just retracing our steps. First, we'll enjoy a gentle downhill walk for about 2 hours to Phrtse Thanga. Then, we'll tackle the climb to Mongla DADA (around 2 hours uphill), followed by a shorter ascent to Kyangjuma. With a bit of luck, we'll reach Kyangjuma in time for a delicious lunch. Finally, a peaceful 2-hour flat walk through stunning scenery takes us back to Namche Bazaar, where we can relax and reminisce about our adventures.

DAY 14

Trek to Phakding 2,610m.

After soaking up the breathtaking views, it's time to dance your way back to Phakding! Cross the swaying suspension bridges, feeling the wind in your hair, and greet the friendly donkeys and yaks you meet along the way. Remember to offer the right of way to them and stick to the mountain's safe side – safety first is the motto for a happy trail! Enjoy the downhill stroll, knowing that completing this part of the journey safely makes the whole adventure a complete success.

DAY 15

Final Day of walking - Lukla 2,800m.

Hooray! Today's your final walk after 13 amazing days on the trail! You might feel like a yak – strong and iron-willed – but even yaks need rest. So, celebrate your accomplishment with a steaming cup of Lukla's best coffee, savoring the sweet victory of reaching this point.

Tonight, the whole crew comes together for a traditional trek celebration. Trekkers, guides, and porters gather under the stars, sharing food, laughter, and maybe even a cold beer or two. It's a heartwarming evening to toast to the journey, the friendships forged, and the incredible experiences shared.

In the mountains, gratitude is a treasured tradition. Take this chance to thank your guide and porters for their vital role in your adventure. Their dedication and support helped make this journey special, and a heartfelt message or small token of appreciation will go a long way.

DAY 16

Fly to Kathmandu or Manthali

We fly back to Kathmandu and transfer to our hotel. During the spring and April - 10 May 2023 the return from Lukla, will fly back to Manthali on one of the first flights of the day (approximately 7-7:30 am) to allow for the 5-6 hour bus transfer back to Kathmandu arriving in the city for mid-late afternoon.

DAY 17

Farewell, Nepal! Your Final

Today marks your final day with Community Trek, and we hope your time in Nepal has been filled with incredible memories. After a delicious breakfast, you'll be free from our program to explore independently, pursue any remaining interests, or simply relax and reflect on your unforgettable journey.

SERVICES

Included and not included

Included

- ✓ Arrival & Departure: Airport (Pick Up and Drop)
- ✓ Hotel Accommodation in Kathmandu: 2 nights hotel in Kathmandu on bed & breakfast Basis- Twin Bedroom
- ✓ Permit: All necessary paper works
- ✓ Lodging & Food: Food 3 meals a day (BDL; including black tea) Breakfast, lunch, and dinner from the guesthouses you are staying at. You could pick anything on the menu, which had Western options or Nepali options.
- ✓ Guide and Porter: Porters (2 trekkers: 1 porter, Max 20kg) during the trek

Not included

- – Air Fare: International flight fare (to/from Kathmandu)
- – Nepal entry Visa fee
- – Lunch & Dinner: Lunch & dinner during the stay in Kathmandu and Manthali (also in case of early return from Trekking than the scheduled itinerary)
- – Extra night in Kathmandu: Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary
- – Rescue Evacuation: Medical Insurance and emergency rescue evacuation costs if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.)
- – Personal Expenses: Telephone, Internet, battery recharge, shower, Laundry, any Alcoholic beverages, Boiled, water, beer, coke, and Clothing, Packing Items or Bags, Personal Medical Kit, Insurance, Personal Trekking Gears, and equipment.
- – USD 25 for extra porter per day (If extra porter demanded)
- – Tips: Tips for Guide, porter (Avg. US 12$ per day per person)
- – At times Trekkers have been delayed in Lukla awaiting return to KTM. During these times when airplanes cannot fly, Helicopter flights can be arranged (subject to their availability). The cost is approximately $500-600 paid by the trekker.
- – Any other item not listed in the "Price Includes" section

GALLERY

A glimpse of the journey

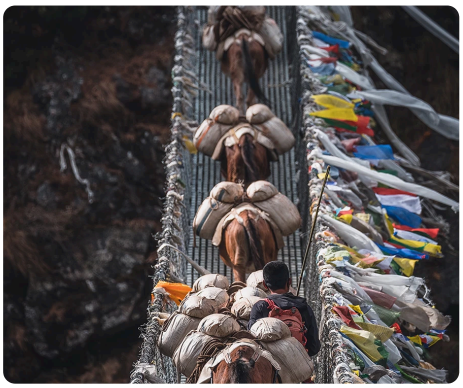














TRAVELLER NOTES

What travellers say

★★★★★

“My Himalayan adventure wouldn't have been the same without Ramesh by my side. From the moment I arrived in Kathmandu, he was more than just a guide – he became a trusted friend and confidante. His knowledge of the Himalayan trails, nature, and culture was encyclopedic, and he always had my back, ensuring I felt safe and supported every step of the way.

Ramesh's passion for Nepal shines through in everything he does. Whether pointing out hidden gems on the trail, capturing stunning photographs, or sharing fascinating stories about local life, he made my journey truly unforgettable. If you're dreaming of trekking the Himalayas or exploring the wonders of Nepal, I wholeheartedly recommend Community Trek and Ramesh as your guide. He'll make your trip an experience you'll treasure forever.”

Flavia Lima

Brazil

Community Trek

Explore, Connect & Experience

Kapan, Kathmandu

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PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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