Gokyo Lakes Luxury Heli Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**12 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5357m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,000 per person**

Trip overview

The Gokyo Lakes Luxury Trek with Helicopter Return is a premium Himalayan adventure designed for travelers who wish to experience the untouched beauty of the Gokyo Valley and its turquoise glacial lakes with maximum comfort, safety, and time efficiency. This exclusive journey combines the classic Everest region trekking experience with luxury accommodations, professional guide support, and a spectacular helicopter return flight from the high Himalayas.

The adventure begins with a scenic mountain flight from Kathmandu to Lukla, followed by a trek through traditional Sherpa villages, rhododendron forests, suspension bridges, and alpine landscapes leading into the peaceful Gokyo Valley. The highlight of the journey is the stunning Gokyo Lakes system—one of the highest freshwater lake networks in the world—and the panoramic viewpoint of Gokyo Ri (5,357 m), offering breathtaking views of Mount Everest, Cho Oyu, Lhotse, and Makalu.

After completing the exploration of Gokyo Valley, travelers enjoy a thrilling helicopter flight back from the Everest region, providing unforgettable aerial views of glaciers, turquoise lakes, and towering Himalayan peaks. Depending on the package, the flight returns to Lukla or directly to Kathmandu.

This trek is ideal for luxury travelers seeking a quieter and more exclusive alternative to the Everest Base Camp route, while still experiencing the grandeur of the Everest region.

Geography and Landscape

The Gokyo Valley is located within Sagarmatha National Park in northeastern Nepal, a UNESCO World Heritage Site renowned for its dramatic mountain scenery, glaciers, and pristine alpine environment.

The trail follows the Dudh Koshi River valley from Lukla, passing through Namche Bazaar—the main gateway to the Everest region—before diverging into the tranquil Gokyo Valley. Unlike the busier Everest Base Camp trail, this route offers a more peaceful trekking experience with fewer crowds and vast open landscapes.

A major highlight of the region is the Gokyo Lakes system, consisting of six main turquoise glacial lakes formed by meltwater from surrounding peaks. These sacred lakes are set against a dramatic backdrop of snow-covered mountains and glacial terrain.

The ascent to Gokyo Ri (5,357 m) provides one of the most spectacular panoramic viewpoints in the

Himalayas, showcasing Everest, Cho Oyu, Makalu, Lhotse, and the immense Ngozumpa Glacier—the longest glacier in Nepal.

The helicopter return adds a dramatic aerial perspective of the entire Khumbu region, revealing glaciers, deep valleys, and remote Himalayan settlements from above.

Climate and Best Time to Trek

The best seasons for the Gokyo Lakes Luxury Trek are spring (March–May) and autumn (September–November).

Spring offers stable weather, moderate temperatures, and blooming rhododendron forests, making the valley especially colorful and scenic.

Autumn is considered the best trekking season due to crystal-clear skies, dry trails, and outstanding mountain visibility following the monsoon season.

Winter (December–February) is colder but provides peaceful trails and sharp, clear Himalayan views. The monsoon season (June–August) is generally less favorable due to rainfall, cloud cover, and possible flight delays.

People and Culture

The Gokyo region is home to the Sherpa community, globally recognized for their mountaineering skills, resilience, and deep-rooted Buddhist traditions.

Along the trail, travelers experience authentic Sherpa culture in villages such as Namche Bazaar, Dole, and Machhermo. The landscape is enriched with prayer flags, mani walls, stupas, and monasteries, reflecting the strong spiritual connection between the Sherpa people and the Himalayas.

The warm hospitality of the Sherpa community, combined with their rich cultural heritage and traditional mountain lifestyle, adds a meaningful cultural dimension to the trekking experience.

Highlights

- Scenic mountain flight: Kathmandu – Lukla
- Luxury accommodation in Kathmandu and Lukla
- Trek through Sagarmatha National Park (UNESCO World Heritage Site)
- Explore Namche Bazaar, the gateway to the Everest region
- Visit the pristine Gokyo Lakes (6 turquoise glacial lakes)
- Hike to Gokyo Ri (5,357 m) for panoramic Himalayan views
- Stunning views of Everest, Cho Oyu, Makalu, and Lhotse
- Experience the vast Ngozumpa Glacier
- Less crowded and more peaceful alternative to Everest Base Camp trek
- Professional guide and full support team throughout
- Spectacular helicopter return from Everest region
- Perfect combination of luxury, adventure, and natural beauty

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400 m)

Altitude: 1,400 m

Stay: Luxury Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport, you will be warmly welcomed by our representative and transferred to a carefully selected luxury hotel in Kathmandu.

After check-in, take time to rest and recover from your international journey. In the evening, your trekking guide will conduct a detailed briefing covering the route, altitude profile, safety guidelines, packing checklist, and overall trekking plan for the Gokyo Lakes journey.

Day 2 : Trek Preparation and Kathmandu Leisure Day

Altitude: 1,400 m

Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to final preparation for the trek.

Your guide will assist with:

Permit processing (Sagarmatha National Park & local permits)

Equipment inspection and rental arrangements if needed

Final briefing on altitude safety and trekking conditions

Bag packing and porter organization

The rest of the day is free for relaxation or optional sightseeing in Kathmandu Valley, including UNESCO World Heritage Sites such as Boudhanath Stupa or Pashupatinath Temple.

Day 3 : Fly to Lukla (2,840 m) and Trek to Phakding (2,610 m)

Altitude: 2,610 m

Walk: 3–4 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Early morning transfer to the airport for a scenic mountain flight to Lukla, offering breathtaking views of the Himalayas.

Upon landing, meet your trekking crew and begin the journey with a gentle downhill walk through Sherpa villages, prayer flags, suspension bridges, and lush river valleys along the Dudh Koshi River.

This is an easy acclimatization day designed to adjust your body to trekking rhythm.

Day 4 : Trek to Namche Bazaar (3,440 m)

Altitude: 3,440 m

Walk: 5–6 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today's trek gradually ascends deeper into the Everest region.

The trail passes through Monjo and enters Sagarmatha National Park (UNESCO World Heritage Site). You will cross several iconic suspension bridges, including the Hillary Bridge.

A steep climb after Jorsalle leads through pine forests until you reach Namche Bazaar, the vibrant Sherpa capital of the Khumbu region.

Day 5 : Acclimatization Day in Namche Bazaar (3,440 m)

Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

This important acclimatization day helps your body adjust to high altitude.

A guided hike takes you to:

Everest View Hotel (for first panoramic Everest view)

Khumjung village or nearby viewpoints

From here, enjoy spectacular views of Everest, Lhotse, Ama Dablam, Thamserku, and surrounding peaks.

In the afternoon, explore Namche Bazaar's bakeries, cafes, local market, and Sherpa culture center.

Day 6 : Trek to Dole (4,038 m)

Altitude: 4,038 m

Walk: 5–6 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today you leave the main Everest Base Camp trail and enter the peaceful Gokyo Valley route.

The trail climbs steadily through rhododendron forests, alpine ridges, and quiet mountain terrain with fewer trekkers, offering a more peaceful Himalayan experience.

Day 7 : Trek to Machhermo (4,470 m)

Altitude: 4,470 m

Walk: 5–6 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trail continues through open alpine valleys surrounded by dramatic mountain scenery.

You may spot Himalayan wildlife such as yaks and musk deer along the route. The views of Cho Oyu (8,188 m) become more prominent as you approach Machhermo.

Day 8 : Trek to Gokyo (4,790 m)

Altitude: 4,790 m

Walk: 4–5 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

A short but beautiful trekking day leads you into the breathtaking Gokyo Valley.

Upon arrival, you will see the famous turquoise Gokyo Lakes, a series of sacred glacial lakes surrounded by snow-covered peaks and the massive Ngozumpa Glacier.

Day 9 : Hike to Gokyo Ri (5,357 m)

Altitude: 5,357 m

Walk: 3–5 hours · Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Early morning hike to Gokyo Ri, one of the best panoramic viewpoints in the entire Everest region.

From the summit, enjoy 360° views of:

Mount Everest

Cho Oyu

Lhotse

Makalu

Ngozumpa Glacier

Return to Gokyo for rest and relaxation.

Day 10 : Helicopter Return to Lukla or Kathmandu

Altitude: 1,400 m (Kathmandu) / 2,840 m (Lukla)

Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

After breakfast, board a scenic helicopter flight from the Gokyo/Everest region.

Enjoy breathtaking aerial views of glaciers, alpine lakes, deep valleys, and Himalayan peaks during your flight. Depending on the package, you will land either in Lukla or directly in Kathmandu.

Day 11 : Fly from Lukla to Kathmandu (if applicable)

Altitude: 1,400 m

Stay: Luxury Hotel · Visit: Everest Region · Meals: Breakfast Lunch Dinner

If overnight in Lukla, take a morning scenic flight back to Kathmandu.

Upon arrival, transfer to your luxury hotel. The rest of the day is free for relaxation, shopping, spa, or optional sightseeing.

Day 12 : Departure

Visit: Nepal · Meals: Breakfast

After breakfast, transfer to Tribhuvan International Airport for your final departure.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Trek Preparation and Kathmandu Leisure Day · 1,400 m · day 21°C / night 11°C
- Day 3 · Fly to Lukla and Trek to Phakding · 2,610 m · day 15°C / night 3°C
- Day 4 · Trek to Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 5 · Acclimatization Day in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 6 · Trek to Dole · 4,038 m · day 8°C / night -6°C
- Day 7 · Trek to Machhermo · 4,470 m · day 5°C / night -9°C
- Day 8 · Trek to Gokyo · 4,790 m · day 4°C / night -11°C
- Day 9 · Hike to Gokyo Ri · 5,357 m · day 1°C / night -14°C
- Day 10 · Helicopter Return to Lukla or Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 11 · Fly from Lukla to Kathmandu · 1,400 m · day 21°C / night 11°C

What’s included

Transportation

- Private tourist vehicles for airport pick-up and drop-off in Kathmandu
- All necessary ground transfers as per itinerary
- Scheduled domestic flights: Kathmandu – Lukla – Kathmandu
- Helicopter transfer from Everest region (Gokyo/Lukla area) to Kathmandu or Lukla as per itinerary

Accommodation & Meals

- 3 nights luxury hotel accommodation in Kathmandu (bed & breakfast)
- Comfortable teahouse / luxury lodge accommodation during trekking period
- Full board meals (Breakfast, Lunch & Dinner) during trek
- Tea and coffee during trekking days

Permits

- Sagarmatha National Park entry Permits. (Permit required for the Everest region)
- Local Government entry permits. (Khumbu Pasang Lhamu Rural Municipality)
- Trekkers' Information Management System (TIMS) permits.

Guide & Staff Services

- Experienced licensed English-speaking trekking guide
- Porter service (1 porter for 2 trekkers basis)
- Guide and porter salary, insurance, meals, and equipment
- First aid medical kit carried by guide
- Emergency coordination and support assistance

Not included

International Flights

- Airfare from home country to Nepal (Kathmandu)
- Return international flight from Nepal to home country

Visa Fees

- Nepal entry visa fee (payable on arrival or embassy)

Travel Insurance (Mandatory)

- High-altitude trekking coverage (up to 6,000 m)
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip cancellation, delays, and unforeseen events

Personal Expenses

- Personal trekking equipment (boots, clothing, sleeping bag, down jacket, etc.)
- Tips for guide and porter
- Wi-Fi, hot showers, charging, and laundry services during trek
- Personal snacks, bottled water, soft drinks, and beverages
- Souvenirs and personal shopping

Meals & Beverages (Outside Package)

- Lunch and dinner in Kathmandu (unless included in package plan)
- Alcoholic drinks, energy drinks, and extra snacks not included in set meals

Dates & prices

- 02 Mar 2027 – 13 Mar 2027 · USD 1,000 · Available
- 16 Mar 2027 – 27 Mar 2027 · USD 1,000 · Available
- 06 Apr 2027 – 17 Apr 2027 · USD 1,000 · Available
- 20 Apr 2027 – 01 May 2027 · USD 1,000 · Available
- 04 May 2027 – 15 May 2027 · USD 1,000 · Available

Best time to visit

Best months: March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies

- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in a combination of luxury hotels in Kathmandu and carefully selected comfortable lodges throughout the Gokyo Valley trekking route.

Lower regions such as Lukla, Phakding, and Namche Bazaar offer better-developed facilities, while higher-altitude villages like Dole, Machhermo, and Gokyo provide clean, warm, and well-managed mountain lodges suitable for high-altitude trekking conditions.

Meals

A full-board meal plan (Breakfast, Lunch, and Dinner) is provided during the trekking period.

Typical meals include:

- Traditional Nepali Dal Bhat set
- Soups, noodles, pasta, fried rice
- Potatoes, eggs, bread, pancakes
- Seasonal vegetables and local organic food
- Tea, coffee, and hot beverages

Meals are freshly prepared daily to maintain energy and altitude performance.

Difficulty & Physical Requirements

This trek is considered moderate to challenging and is suitable for trekkers with good fitness levels.

Daily walking duration ranges from 5 to 8 hours, with gradual altitude gain throughout the route. The highest point is Gokyo Ri (5,357 m), which offers one of the best panoramic viewpoints in the Himalayas.

Proper acclimatization and steady pacing are essential for a safe and enjoyable experience.

Permits

Required permits include:

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Permit
- TIMS Card (if applicable)

All permits are arranged before the trek begins.

Best Season

- Spring (March–May): Blooming rhododendrons, stable weather
- Autumn (September–November): Best visibility and clear skies

- Winter (December–February): Cold but peaceful trails
- Monsoon (June–August): Rainfall and possible flight delays

Transportation & Access

The journey begins with a scenic flight from Kathmandu to Lukla.

Route:

Kathmandu -> Lukla -> Phakding -> Namche Bazaar -> Dole -> Machhermo -> Gokyo -> Gokyo Ri

After completing the trek, guests return via helicopter flight from the Everest region to Lukla or Kathmandu, followed by a scheduled flight or transfer.

Safety & Acclimatization

The itinerary includes well-planned acclimatization in Namche Bazaar and gradual ascent toward Gokyo Valley to reduce altitude-related risks.

Professional guides continuously monitor health conditions and ensure safe trekking progression. Emergency helicopter evacuation is available if required.

Travel Insurance

Mandatory insurance must include:

- High-altitude trekking coverage up to 6,000 m
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip interruption or cancellation coverage

Guide & Porter Services

Experienced licensed trekking guides ensure safety, navigation, and cultural explanation throughout the journey.

Porters assist with luggage, allowing trekkers to carry only a light daypack.

Essential Equipment

Recommended gear:

- Trekking boots
- Warm layered clothing
- Down jacket
- Waterproof jacket & pants
- Gloves, hat, sunglasses
- Trekking poles
- Headlamp
- Personal first aid kit
- Daypack & reusable water bottle

Communication & Connectivity

Mobile network is available in lower regions, while Wi-Fi is accessible in most lodges at an additional

cost. Connectivity becomes limited at higher elevations but remains available in key villages like Namche and Gokyo.

Why Choose Gokyo Lakes Luxury Heli Trek?

- Less crowded alternative to Everest Base Camp
- Luxury accommodation in Kathmandu and premium lodges
- Stunning turquoise Gokyo Lakes experience
- Hike to Gokyo Ri (5,357 m) panoramic viewpoint
- View Everest, Cho Oyu, Makalu, and Lhotse
- Scenic helicopter return for time-saving comfort
- Perfect balance of luxury, nature, and adventure
- Professional guides and full logistical support
- One of the most beautiful trekking routes in Nepal

Frequently asked questions

How difficult is the Gokyo Lakes Luxury Heli Trek?

The Gokyo Lakes Luxury Heli Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Gokyo Lakes Luxury Heli Trek?

For the Everest & Khumbu region the best months are March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What permits do I need for the Gokyo Lakes Luxury Heli Trek?

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Gokyo Lakes Luxury Heli Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Gokyo Lakes Luxury Heli Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Gokyo Lakes Luxury Heli Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Gokyo Lakes Luxury Heli Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/gokyo-lakes-luxury-heli-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com