Gokyo Lakes Luxury Heli Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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