



GOKYO EXTENSION



2025 TRIP NOTES





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2025 TREK DETAILS

Dates: Available on demand as an add on
Duration: 4 days
Price: US\$1,250 per person

▲ Taking in the views from Gokyo Ri. Photo: Mark Morrison

Extend your Adventure Consultants trek by adding the Gokyo Valley Extension to your existing Everest Base Camp/Khumbu Trek or Island Peak, Lobuche, Ama Dablam or Three Peaks Expedition. You will have the opportunity to spend some time in the picturesque Gokyo Valley which is famous for its spectacular lakes and scenery.

This four-day add on offers exceptional views of the surrounding Himalayan giants of Everest, Lhotse, Nuptse, Cholatse and Ama Dablam and is a highly recommended extension for fit and experienced trekkers.

OUTLINE OF THE TREK

This adventure starts by waving goodbye to the rest of your teammates after departing Gorak Shep, Lobuche Base Camp, Chhukung or Pangboche (depending on your trek or expedition) and trekking to the small village of Dzongla where we stay overnight.

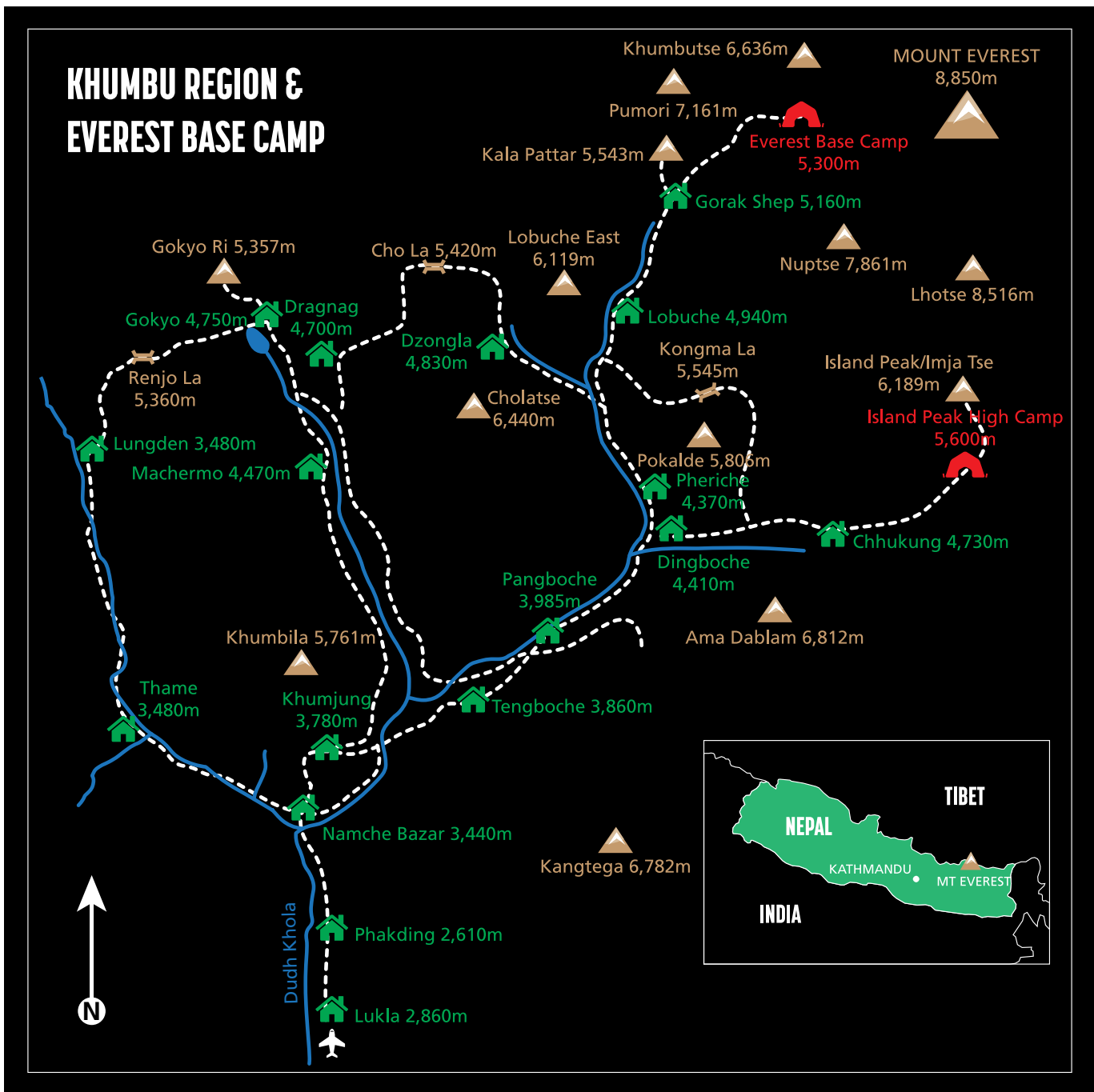
It is an early start the next day to travel over the 5,420m/17,780ft Cho La Pass. By the late morning, we will be rewarded with views back to Ama Dablam and Cholatse before descending

off the steeper side of the pass into boulder fields and remote trails. By the end of a superb day's Himalayan trekking we reach the village of Dragnag, where we spend the night.

The next day, we cross the Ngozumpa Glacier and after a few hours, we reach our destination of Gokyo. We have a day to explore the Gokyo region with options to climb Gokyo Ri (5,357m/17,575ft) for breath-taking views of Everest (8,850m/29,035ft) or trek further up the valley to view some of the stunning blue Gokyo Lakes—of which there are five.

After enjoying our day in the Gokyo region, we then begin the trek out with an easy day's trek to Machermo, before re-joining the main trail at Namche Bazaar. The trek from Namche Bazaar to Lukla is a long day before the early morning flight back out to Kathmandu on the last day.

▲ Cover photo: Ket Hazledine



We schedule a spare day in Lukla for potential weather delays. Departure flights from Kathmandu need to be scheduled for the following day.

NOTE: This extension can run following any of the Adventure Consultants Island Peak, Lobuche East or Three Peaks Expeditions, and Everest Base Camp or Khumbu Treks in either the pre or post monsoon seasons.

TEAM SIZE

For the Gokyo Extension, we will take a minimum of 1 person and a maximum of 12 people.

ITINERARY

- Day 1 Gorak Shep, Lobuche Base Camp, Chhukung or Pangboche to Dzongla (4,830m/15,846ft, 6–7hrs)
- Day 2 Cross the Cho La (5,420m/17,780ft) and overnight in Dragnag (4,700m/15,420ft, 10hrs)
- Day 3 Trek to Gokyo (4,790m/15,715ft, 4hrs)
- Day 4 Spare day for exploring the Gokyo Lakes or climb Gokyo Ri (5,357m/17,575ft)
- Day 5 Gokyo to Machermo (4,470m/14,665ft, 3–4hrs)



▲ Crossing the Cho La. Photo: Caroline Ogle



▲ Fabulous photo opportunities abound. Photo: Kami Tenzing Sherpa



▲ Picnic lunch high on Gokyo Ri. Photo: Caroline Ogle

- Day 6* Machermo to Namche Bazaar (5–6hrs)
- Day 7 Namche Bazaar to Lukla (7hrs)
- Day 8 Spare day for weather delays
- Day 9 Lukla to Kathmandu flight
- Day 10 Trip ends, depart from Kathmandu

* This day will see you return to your initial trek schedule for the walk down the valley to Lukla.

THE ADVANTAGES OF TREKKING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions and treks. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised rekleaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and

ample quantities of food, comfortable base camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

THE TREK FEE

The cost of the Gokyo Extension ex Gorak Shep, Lobuche Base Camp or Chhukung, Nepal is US\$1,250.

This is an inclusive cost and covers the following:

- All trek organisational requirements
- All trekking permits
- Accommodation in lodges ex Gorak Shep, Lobuche Base Camp, Chhukung or Pangboche
- All group equipment for the trek
- All trek staff, including porter support (you only carry a daypack)
- Breakfast, lunch and dinner after departing Gorak Shep, Lobuche, Chhukung or Pangboche



▲ Spectacular panoramas from Gokyo Ri. Photo: Caroline Ogle

- and before arriving back in Kathmandu
- Transport of 15kg of personal equipment
- Backup medical services

The trek fee **does not** include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water, gifts or alcohol
- Personal expenses such as laundry, battery charging and showers at lodges
- Entry visas for Nepal (suggest getting 30-day tourist visa for Nepal on arrival into Kathmandu)
- Personal clothing and equipment
- Personal travel/trip cancellation insurance
- Any rescue costs or costs of early departure from the trek
- Excess baggage charges for the flights to/from Lukla
- Gratuities to guides and Sherpa staff

PAYMENT DETAILS

The balance of US\$1,250 is payable upon application and sign-up for this trip.

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

for the account of Adventure Consultants Limited

Account Number: 1000-594771-0000
Account Type: US Dollars

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

CANCELLATION & REFUND POLICY

Once you have paid your balance, your trip is confirmed. A trek member may then cancel their participation on the following basis:

- Cancellations outside of 90 days reserve the right to retain 50% of the full fee.
- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS TREK

If you would like to join the trek or you require more information please contact us at:

Adventure Consultants Ltd
5/12 Frederick Street
PO Box 739
Wanaka 9343
New Zealand

Phone: +64 3 443 8711
Email: info@adventure.co.nz
Web: www.adventureconsultants.com





▲ Looking across the lake to Gokyo village and Cho Oyu. Photo: Caroline Ogle



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.



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