

Trip Name : Gokyo Renjo La Pass Trek

Trip Cost	US \$1405
Starting Point	Fly in KTM-Lukla
Ending Point	Fly out Lukla-KTM
Type	TeaHouse/Lodge Trek
Grade	Hard
Duration	12 Days
Daily Walk	5-7 hours
People in Group	Minimum 1 and Maximum 12
Best Time	March to mid-May and September to mid-November
Max. Elevation	5360 mt.

Trip Highlights:

- The fabulous Renjo la pass
- The Gokyo valley with the blue Gokyo Lake
- The spectacular views from Gokyo Ri
- Magnificent views of Mt. Everest Himalayan range
- Ngozumpa Glacier
- An excursion trek to the fourth and fifth lakes
- Scenic mountain flight to/from Lukla
- The gateway of Everest Base Camp and Sherpa hometown, Namche Bazaar

Trip Details:

The Gokyo-Renjo La Pass trail is considered as an alternative trekking route to the traditional Everest Base Camp trek. Renjo la pass gives an alternative way to the Gokyo trek making a circuit. This is a less crowded popular adventure trekking available in the Everest region. A full day is spent in Namche Bazaar for acclimatization and excursion to the surrounding legendary Sherpa villages before heading off to the Gokyo valley. Breathtaking mountain vistas are complemented by visits to the Sherpa villages, homes and monasteries. One of the highlights of this trek is the Gokyo Lake situated at the west of Everest Base Camp. The summit of Gokyo Ri (5,360m/17,586ft) provides an excellent opportunity to see the world's highest peak, Mt. Everest (8,848m/29,028ft) and the 6th highest peak, Mt. Cho Oyu (8,201m/26,907ft) at a closer distance. An excursion to the fourth and fifth lakes would be an extra attraction from Gokyo. Gokyo Ri is considered as the best view point in the entire Everest Region for more spectacular views than that from the Kalapatthar. The trek continues over Renjo la pass and we arrive at Thame, yet another popular Sherpa settlement. Renjo la pass provides a lifetime memory of panoramic views of the Everest Himalayan range.

Weather in the Everest region:

Experience Required:

We have categorized Gokyo Renjo La Pass trekking as hard trek and are suitable for passionate trekkers who have courage to walk at least 5-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, this trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any

other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Sagarmatha National Park permit and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking from teahouse/lodge
- Accommodations at teahouse/lodge in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Lukla-Kathmandu and ground transfers to/from airport
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly Kathmandu to Lukla (2,840m/9,318ft) and trek to Phakding (2,610m/8,563ft).

We set off early morning from our hotel to domestic airport for Lukla flights. After a 35 minute scenic mountain flight by a small aircraft, we land in Lukla airport (Tenzing-Hillary airport). Today's trek from Lukla to Phakding is only about 3-4 hours. The trail from Lukla is seen broad and clear. From the airstrip it heads north through a kani (arch) and then slopes downhill to a low agricultural land. A splendid view of the difficult trekking peak Kusum Kangaru (6,367m/20,889ft) is seen while walking ahead. The trail is rich with teahouses, prayer wheels, gompas (Buddhist monastery) and huge boulders decorated with Buddhist mantra (prayer chant). Finally we arrive in the village separated in two parts with about a 10 minute trek between them, and a long suspension bridge over the Dudh Koshi River. This village is called Phakding where we stay overnight.

Day 02 : Trek Phakding to Namche Bazaar (3,446m/11,306ft).

Today's trek is about 5-6 hours. After crossing the suspension bridge at Phakding, we trek for 2-3 hours following the climbs steeply up rough stone steps before reaching the long paved Monjo village on the edge of Sagarmatha National Park. In addition to the lodges, single-roofed houses and a few basic shops, there is a small gumpa nearby. The trek from Monjo to Namche Bazaar will take another 3-4 hours. There is an entrance to the Sagarmatha National Park where an entry permit must be showed or obtained and kept safely for showing on exiting the park. Once passed through the gate, the trail drops to river level which is set among fields of huge cabbages, crosses to the west bank of the Dudh Koshi river on a long suspension bridge and passes teahouses and lodges in Jorsale (2,775m/9,104ft). This is the last available accommodation before Namche Bazaar. About halfway up, at a bend on this ascent we should get our first brief view of Mt. Everest, Nuptse and Lhotse. As our trek continues up mostly among trees, we will eventually come to a group of buildings, then broad stone steps and finally arrive in one of the lower streets of our overnight stop Namche Bazaar. This town is known as the Sherpa "Capital" and gateway to the Mt. Everest. Namche Bazaar has many facilities – a post office, banks, ATMs, money exchange centre, a health post, a dental clinic, numerous shops, restaurants, cyber cafés and telephone facilities, a gumpa and several chortens. The headquarters of the Sagarmatha National Park and a military post are situated above the town. We stay two overnights in Namche Bazaar for acclimatization and excursion around. Trekking time 5-6 hours.

Day 03 : Rest and acclimatisation day in Namche Bazaar.

Today we stay in Namche Bazaar for acclimatisation. Because of the altitude, it will be necessary for us to spend a minimum of two nights here. On this day, we have the choice of just relaxing and roaming round this interesting hill town, or alternatively trekking round a nearby 3-4 hour circuit with stunning views. On this excursion trek, we pass through two traditional Sherpa villages Khumjung (3,780m/12,402ft) which has a chorten at its entrance and Khunde (3,841m/12,602ft) where there is a small hospital. This day helps a lot for acclimatisation for our further trek to Gokyo and Renjo La pass.

Day 04 : Trek Namche Bazaar to Dole (4,200m/13,780ft).

Today we will soon reach the small ridge-crest settlement known as Mong (3,973m/13,035ft) the birthplace of Lama Sange Dorje, who allegedly brought Buddhism to Khumbu. We now enter the Gokyo valley and descend about 300 meters in a series of zigzags to reach Phortse Tenga (3,680m/12,664ft) which has a few basic lodges. The trail now climbs through rhododendron woods and comes to two outpost buildings (National Park and Nepalese Army), a point from which, for the first time, we will be able to see Cho Oyu (8,201m/26,907ft) at the head of the valley. The route now makes twisting ascents through woodland, climbs more steeply into the open, crosses a number of streams, traverses a yak pasture with a solitary herder's hut, crosses a minor ridge and enters our overnight stop, the lodge settlement of Dole. Dole began as a kharka (a yak pasture) with a few herders' huts, but once Gokyo became a trekking destination, lodges soon blossomed forth. Trekking time 6-7 hours.

Day 05 : Trek Dole to Machhermo (4,470m/14,666ft).

Today's trek is a short and pleasant one and we can relax and take things easy. Because of the demands of altitude acclimatisation, we do not go further. Beyond the first of Dole's lodges the trail goes downhill, crosses a stream, swings right to climb a hillside and crosses pastureland with dry stone walls and several yak herders' huts. The trail continues past a few stone-built huts and contours along the hillside, descends into a small basin with more walls, stone huts and lodges, then just under two hours from Dole reaches Luza (4,360m/14,305ft) which is also a kharka (yak pasture). Because the lodges at Dole and Machhermo can be very busy in the autumn trekking season, it has become a possible site for overnight accommodation. From Luza, the path climbs out of the northern side of the basin and crosses more pastureland bordered by a chorten and prayer flags. In every direction here the views are spectacular. Eventually the trail slopes down into the valley, crosses a stream and rises up a short slope into the yak pastures and lodges of our overnight stop Machhermo. Trekking time 3-4 hours.

Day 06 : Trek Machhermo to Gokyo (4,790m/15,716ft).

Today will be another relatively short trek across broad pastures, through narrow clefts with steeply climbing trails, past two or three lakes and through an ablation valley beside the Ngozumpa Glacier. An ablation valley is one formed by the melting of glacier ice. The trail climbs round a hillside spur, where lofty Cho Oyu will again come into view and soon we will reach another kharka with some simple lodges. Directly ahead of us at this point, we will see the terminal moraine (ridge of rocks) that closes off the Ngozumpa Glacier. The trail now goes briefly downhill, then climbs through the aforementioned ablation valley on the western side of the glacier, goes steeply up stone steps and crosses a stream on a short wooden bridge. A succession of cairns now marks the route through a stony landscape, with a small tarn (Mountain Lake) on the left. The valley now broadens and the trail reaches a second larger tarn Taboche Tsho (4,740m/15,552ft). Beyond this point the trail passes through a narrower section of the ablation valley and comes to a third tarn Dudh Pokhari (4,750m/15,584ft), with prayer flags on its eastern shore. Dudh Pokhari celebrates a fair every year during Janaipoornima, a popular Hindu festival falls in July-August. Just beyond this lake we will come to our overnight stop Gokyo, the valley's last lodge settlement. Trekking time 3-4 hours.

Day 07 : Rest day at Gokyo, climb at Gokyo Ri (5,360m/17,586ft) in the morning.

We spend two nights in Gokyo to help with altitude acclimatisation. In the morning, if weather permits, we climb the hill that rises above the northern shore of Lake Dudh Pokhari, called Gokyo Ri. The summit is marked by large cairns and prayer flags. Also from the top, Gokyo's turquoise lake, far below has a picturesque view. An excursion to fourth and fifth lake is recommended for passionate trekkers.

Day 08 : Trek Gokyo to Marulung (4,210m/13,813ft) crossing over Renjo la pass (5,340m/17,520ft).

Today we start our trek at dawn and reach Marlung crossing over the Renjo la pass (5,340m/17,520ft). It is a long day trek and we have to arrive at Marlung for overnight stay as there is no alternative in between the trail. We trek down from the Gokyo Valley, leave the main trail and turn towards Renjo la path. In about three hours trek, we reach the Renjo la top. The stunning views of Everest, Lhotse, Cholatse and Taboche are unforgettable from the top. Views from Renjo la are much similar to that from Gokyo Ri. Continuing on from the pass, the trail goes down to Marlung on the east bank of the Bhote Koshi. We stop at Marlung for overnight halt. Trekking time 7-8 hours.

Day 09 : Trek Marulung to Thame (3,820m/12,533ft).

The trail from Marulung to Thame follows a traditional route used for centuries by the Tibetan traders. We cross the Bhote Koshi down from Marlung and descend to Taranga. The trail then goes through the valley of Langmuche Khola (River). Thame has an extensive village with a few lodges and stunning mountains such as Thamserku, Katenga, Kusum Kangaru, etc. Thame has a famous Gompa, established some 325 years ago and has three big images of Chenresig (Avalokiteswara), Guru Rimpoche, Buddha Sakyamuni. Colorful Mani Rimdu festival is celebrated featuring colorful mask dances in this Gompa every year in May. We stay overnight at Thame. Trekking time 5-6 hours.

Day 10 : Trek Thame to Namche Bazaar.

Today we continue our trek to Namche Bazaar. After passing through a check post, we come to the world's highest hydroelectric power station and this station provides electricity to most parts of upper Khumbu. We eventually reach Namche Bazaar again through some Gompas, colorful prayer flags, Mani walls and Chortens. We stop at Namche Bazaar for overnight rest. Trekking time 3-4 hours.

Day 11 : Return trek Namche Bazaar to Lukla.

Again we proceed southward, retracing the route trekked on day 1 and 2, crossing and re-crossing the Dudh Koshi at intervals. We stay overnight in Lukla. Trekking time 6-7 hours.

Day 12 : Fly Lukla to Kathmandu.

We take the 35 minute breathtaking flight from Lukla.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.