

Gokyo Lake trek with Renjo La pass

Overview:

Gokyo Lake Renjo-La Trek is the best alternative to Everest Base Camp Trek and Everest Three-Passes Trek for avid hikers who love to meander leisurely and peacefully through the trail. The hike offers a flawless view of dazzling peaks. 6 holy lakes of the Gokyo Valley; Ngozumpa glacier and 4 eight-thousanders: Everest (8,848 m), Mt. Cho-Oyu (8,188 m), Mt. Makalu (8,485 m) and Lhotse (8,516 m). The main highlights of the hike are Lake Gokyo, Gokyo-Ri Summit and Renjo La Pass, which is known for the breathtaking mountain views. Everest along with other snow-capped peaks.

The Gokyo Renjo-La trekking route begins with a 30-40 minute turbulent mountain flight from Kathmandu to Lukla Airport. Lukla's hike follows the EBC path through suspension bridges, rivers, Sherpa villages and Sagarmatha National Park. Hikers can also encounter wild animals such as Himalayan Thar, Red Panda, Snow Leopard, Musk Deer, etc. on trails. The chirping of birds and insects ensures serenity throughout the trek.

Namche, the most important tourist center of the Everest region, is the planned destination for the acclimatization day. If the hike gets higher, there is a high probability that AMS will occur due to the low oxygen intake. Therefore, 2-3 days acclimatization is required to successfully complete the hike. During the rest day in Namche, the short way to the Khumjung valley offers the highest hotel in the world: Hotel Everest View; Khumjung school; Customer hospital; and Syangboche runway. Hotel Everest View is the most popular place in the Everest region for the majestic mountain view. Everest, Mt. Khumbila, Ama Dablam (6,821 m), Lhotse (8,516 m) and Mt. Thamserku (6,623 m).

A few hours from Namche, the EBC trails converge at the confluence village of Sanasa, from where the route turns left to the Gokyo-Ri trails. From Sanasa the path climbs to Mong, Phortse Thanga, Dole and Machhermo and offers a wonderful view of the towering peaks AmaDablam, Thamserku and Kangtega (6,782 m). numerous monasteries and choirs; and cerulean landscape. The Gokyo path rises from Machhermo and Pangka through sand pits and rocky cliffs and offers a breathtaking view of Kangtega, Chadoten summit and Cho-Oyu. spectacular milky stream. 3 of 6 holy lakes of the Gokyo Valley: Longponga Tsho, Taujung Tsho and Gokyo Tsho appear next to the path one after the other until we reach the village of Gokyo.

The remaining three lakes: Thonak Tsho, Nzogumba Tsho and Gyazumba Tsho appear sparkling and turquoise under the blue canopy. Gokyo Renjo-La Trekking is achieved through the Gokyo Ri summit (5,357 m), from which Mt. Everest and Mt. Makalu appear flawless and charming as from the Kala Patthar summit (5,545 m).

From the Gokyo Valley, the path follows the Everest Three Pass route to the most beautiful pass: Renjo La Pass. The pass offers the brilliant view of Everest, Makalu, Gyajung Thak, Tengi Ragi Tau, Himalayas and Rolwaling Range. The path from the pass leads over the smooth and icy rock path down to the villages Lumde-Marlung-Thame and Namche. Finally, the path from Namche follows the EBC paths and descends to Lukla for the flight back to Kathmandu. This hike can be arranged in four seasons. However, the best time to hike to Renjo La Pass Gokyo Lake is March through May and September through December.

Quick facts:

Destinations: Lukla – Namche Bazaar – Machhermo – Gokyo Lakes – Renjo La pass

Duration: 15 Days / 14 nights

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Moderate / Challenge

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 5600 m

Activities: Hiking & trekking, cultural tour, sightseeing

Cost: USD 1550 per Person

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- 3 Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

➤ **Day 01: Arrive at Kathmandu (1300 m)**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel. Overnight at Hotel.

➤ **Day 02: Kathmandu Sightseeing and preparation for trekking**

Morning wake-up and breakfast in hotel.

Our guide will meet you in your hotel and brief you about the upcoming trekking. He will guide you through all the formalities and necessary paper-works required for the trekking.

After that, we then do a Sightseeing in Kathmandu valley of famous UNESCO world heritage sites like Boudhanath, one of the largest Stupas in the world; Swayambhunath, a famous monkey temple and Pashupatinath, a sacred Hindu temple complex. Apart from Sightseeing, we also get TIMS card and permits for our trekking on this day. In the evening, we do initial preparation for the trekking.

Overnight at Hotel.

➤ **Day 03: Flight from Kathmandu to Lukla and trek to Phakding (2610 m): 8 km: 3 – 4 hours**

Early morning wake-up, breakfast in hotel and transfer to the airport. We take a wonderful flight from Kathmandu to Lukla (2827 m), which takes around 40 minutes. Upon arrival at Lukla airport our caretaker will help us carry our belongings. We then walk down to the Dudh Koshi River, from where we take the main path to Namche Bazaar. We arrive at Phakding, where we spend a night in a tea-house.

Note: *The weather in Lukla is very unpredictable. Sometimes due to bad weather the flight may be delayed or cancelled. If the flight is cancelled, you will have to return back to the hotel in Kathmandu. The transportation back to the hotel and accommodation on this night is not included. If the weather is clear next day, you will get either 3rd or 4th flight to Lukla. If still the weather is not clear, there will be an option for helicopter flight also. The cost for helicopter flight is not fixed. It will be quoted by the airlines on the same day. You will have to pay additional approx. 150 USD for the helicopter flight from KTM to Lukla. Although this problem is rare, it's our duty to let you know in advance.*

➤ **Day 04: Phakding to Namche Bazaar (3440 m): 11 km: 6 – 7 hours**

After breakfast at Phakding, we take an easy ascend towards Jorsale. On the way, we take a look at a beautiful waterfall, where we take a small break. Due to Rhododendron, firs and Magnolia trees, the whole trekking feels very easy and comfortable. To reach our final destination Namche, we come across some bridges and some steep and narrow ways. We hike for approximately 5 hours. Upon arrival at a Tea-house, we end our day there.

➤ **Day 05: Rest day at Namche Bazaar. View of Mt. Everest (8848 m), Ama Dablam (6856 m), Thamserku (6608 m)**

Today we spend our whole day at Namche Bazaar to get acclimatized with the high elevated environment. We explore the beautiful huge secluded bowl-shaped Namche Bazaar. The marvelous sight of Khumbu Mountains like Ama Dablam (6856 m), Thamserku (6608 m) as well as immense vistas of Everest will take away your breath. Additionally, we walk to Thami (3810 m) situated above Bhote Khola River Valley. We also visit the Sagarmatha National park to view the protected floras and faunas. Overnight at Tea House.

➤ **Day 06: Namche to Dole (4200 m): 12 km: 6 – 7 hours**

Early morning we head towards Dole, a hike that takes around 5 hours of walking. First of all our path moves downhill, then we climb uphill and pass the Mon La pass before reaching Phortse Tenga. On the way, the rhododendron forest, birch forest covered with hanging lichens and mosses will keep you energized all the time. We then ascend towards our final destination for today, Dole, where we spend our night at Teahouse.

➤ **Day 07: Dole to Machhermo (4470 m): 7 km: 4 – 5 hours**

Machhermo, situated at the height of 4470 m, is our destination for today. We hike about 4 hours uphill. Significantly, the marvelous vistas of Cho Oyu, Kantega and Thamserku will mesmerize us. Upon arrival in Machhermo, we end our day at a Teahouse.

➤ **Day 08: Rest day in Machhermo / Acclimatization**

We rest today in Machhermo to acclimatize with the high elevated environment. We explore the village to see the unique flora and fauna, the place has to offer. This place also famous for the tale of "YETI", which killed three yaks and wounded a Sherpa girl in 1974. Overnight at Tea house.

➤ **Day 09: Machhermo to Gokyo (4790 m): 7 km: 3 – 4 hours**

Today is one of the most awaited days of the whole trek because we ascend towards Gokyo Ri, lying at the elevation of 4750 m, hiking approximately 5 hours. We pass Pangka and later walk on the messy, steep moraines of Ngozumpa Glacier – the major glacier in Nepal. We then get a stunning view of greenish-blue Gokyo Lake. The varied scenery of the Gokyo Valley, adjacent peaks flanking Tibet and Cho Oyu will, for sure, take away your breath. We then head towards the beautiful second lake of stunning Gokyo Lake. At the shore lying on the east, we can notice the settlement of Gokyo. Overnight at Teahouse.

➤ **Day 10: Hike to Gokyo peak (5360 m):**

Another planned rest day is planned to ward off AMS. Gokyo offers two important points of view. The first is Gokyo Ri (5,360 m), which begins on the north side of the lake opposite the village. The panorama invites you to start early and requires a two-hour climb to the summit. It overlooks the broad, debris-covered Ngozumpa Glacier, Nepal's longest, which stands out from under a wall of high peaks on its southeast flank. From the flag-decorated summit, you have an unforgettable view of the Himalayan range, the Cho-Oyu and Ghyachung Kang, the north face of Everest, Lhotse, Nuptse, Makalu, Cholatse, Taboche, Thamserku, Kangtega and Kusum Kangru (all over 6,300 m / 20,670ft) and many more, some unnamed. The second attraction explores the fourth to sixth lakes north of the village. Together with the

meltwater from the glacier, these lakes form the source of the Dudh Koshi, followed by Lukla. In the afternoon, just relax in Gokyo and stroll through Lake Gokyo.
Overnight at Teahouse.

➤ **Day 11: Gokyo to Renjo La (5345 m) to Marulung (4210 m): 13 km: 8 – 9 hours**

Following the edge of the Rolwaling region, the path rises along the Gokyo Tsho and follows the three-pass path towards Renjo La Pass. After a few hours from Gokyo, the path encounters a zigzag path in front of Renjo La. Let the steep path down and climb gently to cross the pass. On the way, the path offers a brilliant view of Everest, Makalu, Gyangjung Thak, Tengi Ragi Tso, the Himalayas and the Rolwaling Mountains. The path then climbs down the stone stairs and comes across Angladumba Tsho, from where the path leads down the slippery path on the edge of Relama Tsho. After crossing Renjo Khola, the path follows the sand and rock path and then descends to Lumde. If we walk along the banks of the Bhothe Koshi River, we will reach the village of Marulung to receive today's accommodation.
Overnight at Teahouse.

➤ **Day 12: Marulung to Namche (3440 m): 13 km: 7 – 8 hours**

After the exquisite breakfast in Marulung in the early morning, the path crosses suspension bridges over the Bhothe Koshi River and descends to Tarnga. The path then leads towards Thambuteng Village and follows the lush green valley of Langmucho Khola. Near the village of Thambuteng lies Kyarokorok Gompa, a 350-year-old gompa with cultural and historical supremacy. We visit the statues, murals and the architecture of the gompa and head towards Namche on the zigzag path near Thame. The path leads through the moraine of Thame, crosses a suspension bridge and reaches Samade. Then he descends to the village of Phurte, which is known for one of the oldest gompas in this region. Lawudo Gompa and Lawudo Retreat Center. From Phurte it goes gently downhill to Namche through numerous gompas, colorfully intertwined prayer flags, mani bikes, chortens. Namche is the most important tourist center in the Everest region, offering hikers delicious cuisine and cozy accommodation. Enjoy the cuisine and accommodation in Namche.
Overnight at Teahouse.

➤ **Day 13: Trek back to Lukla (2840 m): 18 km: 7 – 8 hours**

We walk on the Shore of Dudhkoshi River through valley trail. We hike downhill and uphill to the end of Everest Base Camp. This is our last day of trekking as we return to Lukla where the trek began. We enjoy this time to reflect on the trek as a group and the personal achievement of all those who took part. The afternoon is free, so you can wander about, relax and enjoy the surroundings.
Overnight at Guesthouse.

➤ **Day 14: Early morning flight to Kathmandu**

Early in the morning, we will fly to Kathmandu on this day. After that, we will transfer to our hotel in Kathmandu. Upon arrival in Kathmandu, we do some leisure activities and Sightseeing of Thamel area, a famous tourist area in Kathmandu. In the evening, time for leisure and shopping.
Overnight at Hotel.

➤ **Day 15: Farewell and Final departure**

After breakfast a staff member will pick you up from the hotel and transfers you to the airport for the final departure. We wish you a pleasant and safe flight back home and hope to see you soon again.

What's Included:

- ✓ Airport Pick-up and drop Service
- ✓ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ✓ Guided Tour of Kathmandu valley with an experienced tour guide
- ✓ Sightseeing charges and Entry fees
- ✓ 2 way domestic flight (KTM – LUK and LUK – KTM)
- ✓ Accommodation during the trek (teahouse / guesthouse / homestay)
- ✓ All meals during the trek (Breakfast, Lunch, Dinner)
- ✓ Transportation (tourist coach / local bus / private vehicle)
- ✓ Experienced licensed English-speaking trekking guide
- ✓ Local government Entry Permit of Rs. 2000 (started in 2018)
- ✓ Insurance of the Guide and Porter
- ✓ Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- ✓ Sagarmatha National Park Entry Permit
- ✓ TIMS (Trekking Information Management System) Trekking Permit Card
- ✓ Medical kits carried by the guide
- ✓ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ✓ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ✓ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ✗ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ✗ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ✗ Personal interest items or gears
- ✗ Tips to guide / driver / porter
- ✗ Lunch and dinner in Kathmandu and Pokhara
- ✗ Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ✗ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ✗ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.