

## Renjo La Gokyo Trek

The Renjo La Pass (5345 m) route is the perfect trek for anyone who wants to avoid the busier trails in the Everest region but still have spectacular views of the several of the most spectacular Everest peaks. This loop route also avoids having to trek up and back the entire way on the same trails. The views from Gokyo-ri peak are equal to those around Everest Base Camp and Kala Pattar, and the sacred Gokyo lakes are stunning. From Gokyo we cross the Renjo La pass along a less challenging westerly route, descending into the *Nangamla* valley. Before reaching Namche we stop at the charming village of Thame with time to visit its beautiful Sherpa monastery.

### Highlights of the trek

Close-up views of Mt. Everest and Cho Oyu peaks; crossing Renjo La pass; remote, quaint Sherpa villages; Gokyo Lake, Tengboche monastery.

### Trek dates

Daily from late September to early December and February to late June

## Trek Details

### Trek dates

Daily

### Season

October to late December and end of  
February to May

### Trekking days

16 days

### Trekking grade

Medium - Difficult

### Starting point of trek

Lukla

### Finishing point of trek

Lukla

### TrekStyle(accomodation)

Tea House

### Meals & More

Readmore

### Equipment

View list

### PDF-itinery

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### Trek code

E8

## Detailed Itinerary

Itinerary can be *customized* according to your needs and length of stay if you are not planning to join a scheduled group trek.

### Day 1 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport you will be greeted by an ITrekNepal representative who will escort you to your hotel. You can take time to rest and recover from your flight.

### Day 2: Kathmandu

Optional morning walk in Gundu Valley to stretch your legs and experience local village life. Guided tour of World Heritage sites in Bhaktapur while we complete your trek permits and other preparations. In the evening we will have a detailed trek briefing and traditional Nepali welcome dinner with your trek guide.

### Day 3 - Kathmandu to Phakding (2610m)

Early morning you will be picked up by your guide to go to the Kathmandu airport, from where we will take the flight to Lukla, which will take us about 30 minutes. At Lukla we will meet our porters and then head north from the airstrip to Chablung (2700m). Here we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called trekking peaks". Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted *mani* stones and trek on to Phakding where we will stay overnight (3 hrs).

### Day 4 - Phakding to Namche Bazaar (3420m)

From Phakding we follow the valley of the Dudh Kosi river, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). Namche Bazaar is the main trading centre in this region and features numerous shops, lodges and restaurants (6 hrs).

### Day 5 - Namche Bazaar / Acclimatization (3440m)

The Himalayan Rescue Association doctors have determined that you must acclimatize before we begin our trek to Gokyo. It is easy to get to high too fast and succumb to altitude sickness. Today we will do the hike to Thame and back. Thame lies at an elevation of 3750m, near the foot of a large valley west of Namche Bazaar. The route passes the settlements of Phurte (3390m), Thamo (3440m) and Somde (3580m) before arriving in the Sherpa village of Thami (3750m). We will have good views of the snow peaks of Teng Kangpoche (6500m) and Kwangde (6187m) to the south. After our lunch we will return to Namche Bazaar for the night (6 hrs).

### Day 6 - Namche Bazaar to Phortse Thanga (3500m)

The trek today climbs the hill to Khumjung and descends to the valley of Dudh Koshi. The route to Gokyo turns north, climbing above the more frequented route to Tengboche and Everest base camp. It

climbs gently to a ridge top at 3973m. From here we descend in steep switchbacks down a sandy slope to the Dudh Kosi river. After crossing this river on a suspension bridge we arrive in Phortse Thanga (3hrs).



#### **Day 7 - Phortse Thanga to Dole (4090m)**

To help with acclimatization the time spend trekking today is short. The trail first climbs steeply out of the valley through rhododendron forests that give way to fragrant stands of juniper and large conifers. This part of the trek is especially beautiful in spring when the rhododendrons are blooming. We pass a herders' hut at Tongba (3950m) and then climb gently to Dole. From here the views of Khumbila and Tawachee are tremendous throughout the day, and it is possible to climb a ridge behind Dole for an even broader view up and down the valley (2 hrs).

#### **Day 8 - Dole to Machhermo (4410m)**

The trail starts today by climbing steeply through scrub junipers to a single lodge at Lhabarma (4330m). We pass the small settlement of Luza (4340m) and continue to climb along the side of the valley, high above the river to Machhermo. It was here that a yeti supposedly killed three yaks and attacked a Sherpa woman. This is the most credible yeti incident ever reported, so be watchful as we visit this region (2hrs).

#### **Day 9 - Machhermo to Gokyo (4750m)**

Beyond Machhermo the trail climbs a ridge for an excellent view both down the valley to Kantega and upwards to Cho Oyu. Beyond the ridge the valley widens as the trail reaches the small village of Pangka (4390m). After passing Pangka the trail drops briefly, then climbs to a large cave known as Nilibuk. After Nilibuk we climb steeply along a narrow, newly crafted staircase trail. At the top the trail crosses a simple wooden bridge to the first small lake, Longponga, at 4650m. The trail then becomes almost level as it follows the valley past a second lake, known as Taujun, at 4710m and finally up a boulder strewn path to Gokyo. Gokyo is a collection of stone houses and walled pastures on the shores of a large lake known as Dudh Pokhari (4 hrs).

#### **Day 10 – Gokyo-ri**

The views around Gokyo are tremendous. For the best views we will climb Gokyo Ri (5357m) today. From here we will have a panoramic view of Cho Oyu, Gyanchung Kang, Everest, Lothse, Makalu, Cholatse and Tawachee. After we enjoyed the view we will return to Gokyo village for the night (4hrs).

**Day 11 – Gokyo to Lungdung**

From Gokyo we cross the Renjo La pass and descend into the Nangamla valley and the small village of Lungdeng located (4600 meters). This is the longest and one of the most challenging days of the trek as we cross a variety of challenging terrain on steep slopes (7 hrs).

**Day 12 – Lungdeng to Namche**

We continue our descent back to Namche, passing through Thame where we can visit the stunning Buddhist monastery in the village.

**Day 13 - Namche to Lukla**

It is a fairly easy walk from Namche to Lukla that is mostly downhill along the Dudh Kosi river, with a final climb to Lukla. In Lukla we will have time to reconfirm our flight tickets for the next day and explore the town where we will spend the night (4 hrs).

**Day 14 - Lukla to Kathmandu**

The 35 minute flight will leave early in the morning from Lukla and bring us back to Kathmandu. There should be plenty of time for any final shopping, sightseeing or just relaxing after your trek. Overnight stay at hotel.

**Day 15 - Kathmandu**

Transfer to airport for departure flight from Kathmandu.

**Note: The trek program is – because of weather or unforeseen events – subject to change.**

**Services and costs included in the price**

- International and domestic airport pick-up and drop-off
- Three nights hotel accommodations in Kathmandu or Bhaktapur (with breakfast)
- Licensed and trained trekking guides
- Porters for carrying luggage and supplies
- All accommodations (teahouse lodges) during trek
- All meals with hot beverages whilst trekking
- All necessary documents and permits for trekking
- Trek equipment including sleeping bag and down jacket
- First aid supplies
- Insurance equipment for staff
- Coordination of Rescue service (costs covered by your insurance plan)
- Guided tour of World Heritage sites in Kathmandu area
- Traditional Nepali welcome dinner

### **Services and costs NOT included in price**

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 10kg and hand bag more than 5kg in domestic flights
- Nepal visa fees
- Airport departure tax
- Rescue charge
- Bottled drinks (cold and alcoholic)
- Expenses of personal nature
- Lunches and dinners whilst not trekking