



## Gokyo- Renjo La Pass Trek

Gokyo Renjo La pass is one of the most stunning mountain areas on earth. The Renjo Pass route is off the usual beaten track with great views of the Gokyo lake system. This trek is also linked with the Everest base camp trek. The trek route passes through Lukla, Namche and Thame - the heart land of the Sherpa ethnic community. One of the attractions of the Gokyo Renjo La trek is that tourists can explore the culture, traditions and lifestyle of the world known Sherpa ethnic community. Together with breath taking views of several mountains like Lhotse, Nuptse, Makalu, Cho-Oyu and Amadablam and views of the lakes you will be discovering the most famous beauties of Nepal.

### Trip Summary

- Day 1 - arrive Kathmandu: meet and greet
- Day 2 – sight seeing in Kathmandu
- Day 3 – fly to Lukla, trek to Phakding (approx. 3-4hrs)
- Day 4 – trek to Manju (approx. 3-4hrs)
- Day 5 – trek to Namche Bazaar (approx. 4-5hrs)
- Day 6 – rest day at Namche Bazaar
- Day 7 – trek to Phortse Tenga (approx. 5-6hrs)
- Day 8 – trek to Dole (approx. 3-4hrs)
- Day 9 – trek to Macchermo (approx. 3-4hrs)
- Day 10 – trek to Gokyo (approx. 4-5hrs)
- Day 11 – rest day at Gokyo, ascend to Gokyo Ri (5357m)
- Day 12 – trek to Lungden (approx. 8-9hrs), cross Renjo La
- Day 13 – trek to Thame (approx 4hrs)
- Day 14 – trek to Namche Bazaar (approx 4hrs)
- Day 15 – trek to Phakding (approx. 5-6hrs)
- Day 16 – trek to Lukla (approx. 5-6hrs)
- Day 17 – fly to Kathmandu
- Day 18 - In Kathmandu, sightseeing/leisure

**Cost: USD 2450 (joining Kathmandu)**

**Single Supplement: additional \$165**

**Includes:** hotel accommodation and all meals (except for lunch Days 1, 2, 17 & 18; dinner Day 2, 17 and any meals on Day 19 after breakfast), domestic flights, all airport pickups and drop-offs. A sleeping bag and kit bag are provided whilst on trek, plus Sherpas and porters to assist you en-route and carry your overnight gear. A medical kit will be carried by staff.



*Ang Tshering Sherpa*

Family business owner / manager

*15 day Lodge based trek.*

*Moderate to challenging level trek:  
good level of fitness required.*

### Daily movements

**Day 1** - Arrive Kathmandu - Sherpa staff will transfer participants to hotel. Your guide will meet you at 5.00pm and give you a trek briefing then take you out for a welcome dinner in a Nepali restaurant with Nepali culture program. Overnight in Kathmandu.

**Day 2** - In Kathmandu. Half day sightseeing tour of the 2 major attractions in Kathmandu. We will visit Boudha (the second largest Buddhist stupa in the world) and Pashupatinath (one of the most significant Hindu temples of Lord Shiva in the world, located on





# Keep Walking Nepal

www.keepwalkingnepal.com

G.P.O. Box: 13418 Kathmandu, Nepal  
Office: Kaldhara-16, Paknajol, Kathmandu  
Phone No.: +977 4389 649  
E-mail: keepwalkingnepal@gmail.com

the banks of the Bagmati river). Afternoon at leisure for last minute shopping or you may like to explore Durbar Square or the extensive handicraft shops in Thamel.

**Day 3** - Fly to Lukla (2850m), trek to Phakding (2610m). Walk approx 3-4 hours. An early start flying Kathmandu to Lukla, 35 minutes. This is the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a scenic flight. After landing in Lukla we start the trek and pass through the villages of Cheplung, Thadakoshi and Ghat, enjoying the view of Konde and Nupla. We stop for lunch at Thadakoshi and then continue our walk to Phakding, our overnight stop.

**Day 4** - To Manju (2835m). Walk approx 3-4 hours. Today we cross and re-cross the glacial river, named "Dudh" (milk) Kosi (river) because of its colour, we walk through pine forest and terraced fields growing a variety of crops. It is one of the main trading trails and we will see small groups of donkeys, dzopko and yaks carrying supplies. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, (nak being the female) more commonly used at higher altitudes. We see our first Mani walls today. These stone structures are made from many stone tablets, each with the inscription "Om Mani Padme Hum" which translates to "Hail to the jewel in the lotus", and is mantra (chant) venerated by Buddhists. Buddhists will walk to the left of these mani walls and chortens, but many who have no knowledge of Buddhism will do the same. Overnight at Manju. This is a short day to allow you to acclimatize.

**Day 5** - To Namche Bazaar (3440m). Walk approx. 4-5 hours. Today we pass through the gates of the Sagarmatha National Park. We follow the river to the confluence of the Dudh Kosi and the Bhote Kosi, crossing a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa 'capital' of Nepal. It is a tough climb but we have our first view of Mt Everest today. Namche is the capital of the Sherpa people and a prosperous village spread in a horse-shoe shape around the valley. Following lunch you may like to spend time looking through the shops in search of a bargain. There is a large market every Saturday, similar to that of Thamel. Overnight Namche.

**Day 6** - Rest day Namche Bazaar. Acclimatisation day. Today we walk to the Everest View Hotel (2-3hrs) at an altitude of 3880m. There are magnificent views of Mt Everest, Amadablam, Thamserku, Lhotse, Nuptse, Taboche and many other mountains. We return to Namche for lunch and then the afternoon is free to visit the Sherpa Museum, Everest documentary centre and Sherpa photo gallery. Overnight Namche.

**Day 7** - To Phortse Tenga (2680m). Walk approx. 5-6 Hours. We start out today following the main trail to Thyangboche before branching off across yak pastures as we ascend to Mong La. Stunning views are had back down the valley. We stop for lunch at Mongla which is about 3900m before descending about 250m down through pine and rhododendron forest to Phortse Tenga, our overnight lodge near the Dudh Kosi river.

**Day 8** - To Dole (4110m). Walk approx. 3-4 hours. We start the day with a short climb to the trail to Gokyo. Today we walk through red birch, fir and dwarf rhododendron forest that surround yak pastures as we climb steadily towards Gokyo. Today as we pass numerous waterfalls and view the glacier flows from Taweche and Cholatse and keep Taboche, Cholaste Cho-Oyu and Amadablam in sight. A short day to help with our acclimatisation. Overnight Dole.

**Day 9** - To Macchermo (4410m). Walk approx. 3-4 hours. Today is a steady, constant climb to the small village of Macchermo. We will take our time to help our acclimatisation as we prepare for the higher altitudes in the days to come. The views are stunning with Cho-Oyu looming in front of us, today is one of the best on the trek. After lunch in Macchermo you may like to visit the Macchermo Porter Shelter and Rescue Post.

**Day 10** - To Gokyo (4790m). Walk approx. 4-5 hours. Today is lake-day as we ascend to Gokyo. Excellent views of Cholatse and Taboche plus Macchermo Peak can be seen. We trek across the moraine and rock from Ngozumpa Glacier as we take in the views of Kangtega to the south and Cho-oyu to the north. After 2 hours we will see the first lake, Longpongo, then Taoche Lake and finally lake Dush Pokhari. Our lodge for the night is in Gogyo village near this lake.

**Day 11** - Rest day at Gokyo. Leaving early, today we hike to Gokyo Ri (5357m) for stunning views of the superb Gokyo valley, the massive Ngozumpa Glacier and an incredible panoramic view of the Himalayas – Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Cholatse. The ascent to Gokyo Ri is unrelenting but not a race, we will take our time so you can reach the summit to enjoy the spectacular view of the mountains and the lakes below. We descend slowly for lunch at Gokyo and rest in the afternoon saving our energy for tomorrow's trek across Renjo La.



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G.P.O. Box: 13418 Kathmandu, Nepal  
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E-mail: keepwalkingnepal@gmail.com

**Day 12** - To Lungden (4380) walk approx. 8 to 9 hrs. We start early in the morning about 5:30 am. Today is one of the hardest and longest days. After 3 hrs. walk we get to the top of the Renju La which is about 5310m. From the top of the Renju La we can see magnificent view of the Everest Himalayan range such as Mt Everest, Makalu, Lhotse, Cho-Oyo and the Gokyo valley. After crossing Renjo La we descend to Lungden. We will be enjoying views of the Renju lake and part of the Nangpala which is the border land of the Tibet (Nangpala). Overnight at Lungden.

**Day 13** - To Tham (3800) walk approx. 4 hrs. This morning we walk along the Bhote Koshi river and here we join the Tibet and Nepal trade route. We will pass a number of small villages including Marlung, Taranga and Thameserku and Kangtek. Overnight at Namche.

**Day 14** - To Namche (3440m) walk approx. 4 hrs. Today we cross the koshi river and we pass some small sherpa villages walking through the Rhododendron and pine forest, enjoying views of Kongde, Phapchermu, Thameserku and Kangteka. Overnight at Namche.

**Day 15** - To Phakding (2610) walk approx. 5 to 6 hrs. Today we are heading down hill with the last view of Mt Everest. Today there is a chance to see the Himalaya peasant( DANFE) the national bird of Nepal. We trek the same way back and we cross the same bridge and head down to the Phakding. Overnight at Phakding.

**Day 16** - To Lukla (2850m) walk approx. 5 hrs. to 6hrs. Today is the last day of our mountain trekking adventure. We gradually descend and walk along the Dudh Koshi river. Tonight, our last evening of the trek is a good opportunity for a small party with all the team, especially the porters who will return to their villages from here. Appreciation in the form of tips may be expressed at that time to these people who make the trip such and enjoyable adventure.

**Day 17** - To Kathmandu by air (1330m). This morning we fly to Kathmandu, 35 minutes. On arrival, we transfer to the hotel. The rest of the day is at leisure. We will meet again for dinner.

**Day 18** - In Kathmandu. Let us know what you would like to do and we will organise this for you.

**Day 19** - Trip concludes Kathmandu. After breakfast arrangements cease unless further ones have been made. Those people departing by aircraft will be transferred to the airport. Thank you for a wonderful time with us. .



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