

Gokyo Renjo La Pass Trek

URL: <https://himalayan360.com/trip/gokyo-renjo-la-pass-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking and Hiking

Start / End Point

Kathmandu / Kathmandu

Trip Type

Trekking in The Himalaya

Duration

11

Destination

Nepal, Everest Region

Language

Nepal, Everest Region

Per Person From

USD 1,249

Region

Everest Region

Max. Altitude

5360m

Trek Distance

180km

Transportation

Private Vehicle | Domestic Flight

Accommodation

Tea house

Meals

All Meals (Breakfast, Lunch & Dinner) during the trek

Difficulty

Hard Physical training before the trip should begin no later than 2 months before, as you will have a height of 3,000 meters above sea level and more. Hiking is from 6 km daily with an average pace that can be maintained for hours. It is important to have physical fitness & endurance. You will also need the right gear and clothes according to the weather.

Overview

Gokyo Renjo La Pass Trek is a classic trek in Everest Region. This trek is preferred by visitors who want

to escape the mainstream trekking trail of Everest Base Camp. The trails of this trek are not so crowded since most of the trekkers chose the mainstream trail. During this trek, visitors can enjoy the scenic beauty of Sagarmatha National Park and mountains such as Mt. Everest 8848 m, Mt. Lhotse 8516 m, and Mt. Makalu 8463m, Mt. Cho Oyu 8201m and many others. The best time for this trek is considered Spring and Autumn.

Gokyo Renjo La Pass Trek takes you to Gokyo Lake and Gokyo Ri which are very famous among tourists. You come across 4 other lakes during the trip. Gokyo Valley and Renjo La pass are the main highlights of this trip. Inside the valley lies the largest glacier in the Himalayas Ngozomba which can also be viewed from the path connecting Mt. Cho Oyu and Dole.

Gokyo Renjo La Pass Trek starts with a 30 minutes spectacular flight from Kathmandu to Lukla then a trek to Phakding which leads to Namche Bazaar. You can acclimatize a day at Namche Bazaar exploring its natural beauty. Then you continue towards Dole where you come across dense rhododendron forests. On top of that you continue to hike towards Gokyo through Machhermo where you explore different lakes and glaciers. After acclimatizing in Gokyo, you will reach Renjo La following Lungden. Finally, you return to Namche Bazaar and move forward to reach Lukla which indicates the end of your trek. You will get to capture a lot of memories during this trek.

Itinerary

Day 01: Flight from Kathmandu to Lukla and then trek to Phakding

At first, you will go to Lukla by flight through Tribhuvan International Airport(TIA) which goes on for 30 minutes. You will be able to view fascinating and splendid clouds, mountains, rivers, and many valleys during the time of flight. After reaching the Lukla landing strip, you will get introduced to the local porter if you've hired. And you will have breakfast over there. You will go to Phakding after having breakfast. On the way to phakding, you will cross through the Dudhkoshi valley. You will head north from the landing strip to Chheplung (2670m). You will need to cross the Thadokoshi River(2550). Just passing the bridge, you can see the Kusum Kanguru peak (6367m) which might be a bit tough to climb. Far away from the Thadokoshi River, the trail goes upwards to Ghat (2580m). During this trek, you will see some stones carved with Tibetan Buddhism six words known as Mani stones. You will continue the climb to reach Phakding village which is very attractive.

Distance:

3-4hrs

Highest Altitude:

2610m

Accommodations:

Lodge

Day 02: Phakding to Namche Bazaar

On the second day, you will go through the way of Dudhkoshi river along with pine forests. You will be

crossing the 5 suspension bridges on your way to Namche. You can see the fascinating village Banker Manjo(5364m), which is the headquarter of Sagarmatha National Park. After passing through the last bridge you will continue your 2 hours climb. On the trail, you will relish a fascinating view of Mt Everest. At the entrance, you need to authenticate your permit checkpoint. After climbing 15-20 minutes you will reach Jorsalle which is the last place before Namche. Here you will have your lunch. Then continuing the ascend you can see the influencing impression of Everest and Nuptse. A climb through pine forests for 2 to 3 hours depending on your speed leads to the auspicious trading and managerial town of the Namche Bazaar.

Distance:

6-7hrs

Highest Altitude:

3460m

Accommodations:

Lodge

Day 03: Acclimatization and exploration in Namche Bazaar

Today is an acclimatization day so you will go on a hike around Namche Bazaar. Firstly you will visit the Hillary museum. On the way, you will see a panorama view of the Everest range which is considered one of the most fascinating viewpoints in the world. After half an hour, you will be continuing your trek to Syangboche Everest(3780m) view hotel where you will enjoy the fabulous mountain views. You will be fascinated by broad views of Everest, Lhotse, Ama Dablam and other mountains on a day. You will enjoy visiting the Syangboche landing strip(3780m) from where you will climb towards Khunde(3840m) passing stone Buddhist Monuments. Additionally, you can also visit the Hillary school and hospital which was built by Newzealand Edmund Hillary. After having lunch at Khumjung, we will slowly move to Climb Everest View Hotel from where you can enjoy a fascinating view of many mountains. Then you can enjoy it and descend to Namche.

Distance:

4-5hrs

Accommodations:

Lodge

Day 04: Namche Bazaar to Dole

Today is a really beautiful day during the entire trek. That beautiful trail carries on to Kyanjuma Village. A few climbs to the cliff top of Namche will allow you a fascinating view of Everest and Lhotse. From there you will continue your trail which moves towards Dudhkoshi. After we arrive at the crossroad above there, the way is divided into two parts i.e upward trail and download trail. The upward trail is the way to Mon la pass and the downward trail is the way to Everest Base Camp. But you will choose the way to reach Phortse. You will visit the local powerhouses, old monasteries and cultures of the people over there. You can even trek to the Luri peak(4005m) if you like to do so. You will go to Tongba(3950m) and Gayle(3960m) after you visit the Rhododendron forests. Then you will reach your today's destination at Dole. You can view Khumbila(5761m) and Tawache(6542m) from Dole.

Distance:

4-5hrs

Highest Altitude:

4038m

Accommodations:

Lodge

Day 05: Dole to Machhermo

This day your trek begins with a consistent climb along the valley. The pine forest controls the woods of forest land. As we go up, you can see delightful summer settlements and grazing land all over. This is not a big surprise for you. The big surprise will be the awesome views of Mt. Cho Oyu(8201m) which is known as the neighbouring peaks Mt. Kantega(6782m) and Mt. Thamserku(6623m). In the time of the early afternoon, you will reach up to the Machhermo(4470m). You can explore Machhermo and then rest there.

Distance:

4-5hrs

Highest Altitude:

4470m

Accommodations:

Lodge

Day 06: Machhermo to Gokyo and exploration of Lakes, Glaciers

Today you will proceed towards the holy lake of Gokyo. You will follow a panoramic route to Pangka(4,548m) and afterwards move down following the met-water stream which goes down toward the west side of the Ngozumpa Glacier(4700m). We at that point climb a rough inclination into the removal valley by the side of the glacier, passing first Gokyo Lake. You will now reach the second lake that heads over the glaciers to the Cho La. Your way to Lobuche and Everest, later in the journey. The third lake is called Dudh Pokhari. Climbing by the side of the lake, you will appreciate the highest points of Cho Oyu and Gyachung Kang which are reflected in its emerald green water.

Distance:

4-5hrs

Highest Altitude:

4750m

Accommodations:

Lodge

Day 07: Acclimatization at Gokyo

Today, you will climb towards Gokyo Ri(5350m) which is the first part of the day for 2-3 hours. From that point, you can see Everest, Lhotse, Cho Oyu, Makalu which are above 8000m. and numerous other mountains. We can likewise see the longest glaciers which are 27km long. This is considered probably

the best viewpoint in the world. From that place, we will return to the lodging and rest onwards.

Distance:

3hrs

Highest Altitude:

4750m

Accommodations:

Lodge

Day 08: Cross the Renjola and trek down to Lungden

On the seventh day, you will climb uphill over the grassy vegetation area. The slope gets more extreme and you will go for the top. The trek is quite difficult as it is very steep. From the top, you can see the awesome scenery of Rolwaling, Tenji Raji Tau mountains and many more. You can also see Mt. Everest, Mt. Lhotse, and Mt. Makalu in the west and Gyachung Kang, and Gokyo lakes in the east. Through Dudhkoshi lakes, you will go downhill through the agricultural pastures towards the Bhote Koshi valley to proceed next to the river. Fortunately, you will come across Yak caravans originating from Tibet which go towards Lungden.

Distance:

3hrs

Highest Altitude:

4350m

Accommodations:

Lodge

Day 09: Lungden to Namche

You will start your today's destination i.e Namche. You will go through Thame(3850m) where you can also visit the ancient monastery there. You can also experience the practices and culture of spiritual Buddhists. You will ascend downhill to the Namche. You can see many beautiful mountains in the backdrop. Sherpa Culture is the personification of Namche.

Distance:

5-6hrs

Highest Altitude:

3460m

Accommodations:

Lodge

Day 10: Namche to Lukla

Distance:

6-7hrs

Highest Altitude:

2827m

Accommodations:

Lodge

Day 11: Fly from Lukla to Kathmandu

Next morning you will book a return flight from Lukla to Kathmandu. During the flight, you will enjoy beautiful scenery until you reach Kathmandu from where you will be heading to your hotel.

Highest Altitude:

1400m

Flight Hours:

30-45mins

COST

Cost Includes

- All meals (breakfast, lunch & dinner) and accommodation during the trek
- All ground transportation on a cozy vehicle as per itinerary
- Domestic flights (Kathmandu - Lukla - Kathmandu)
- An experienced, English-speaking, and government-licensed trek leader and assistant trek leader (6 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- All staff salary, insurance, equipment, domestic airfare, food, and accommodation
- Down jacket and sleeping bag (to be returned after the completion of the trip)
- All required paperwork, documents, and trekking permits (National Park Permit and TIMS)
- All local and governmental taxes
- Medical kit (carried by trek leader)

Cost Excludes

- Nepalese visa fee
- Extra baggage charges
- Extra night accommodation in Kathmandu (in case you arrive early, depart late, or return early from the mountain due to any reason) than the scheduled itinerary
- Lunch and dinner in Kathmandu
- International flight
- Personal nature expenses - alcoholic beverages, shopping, laundry, internet bills, phone calls, and more
- Tips for guides and porters

Group Discounts Available

No. of Persons	Price per Person
1+	USD 1,249

Address

Address:
Galkopakha Marg - Kathmandu - Nepal