

GOKYO VALLEY RENJO LA PASS TREK



If you are looking for the sublime mountains, chocolate box landscapes, earthy trails, sweet chirping birds welcoming you into their lush forest homes and the sparkling blue skies with the sunshine lighting up the peaks in the horizons, and the flora and fauna to keep you company with nothing else but the sounds of nature that envelops your surroundings, then this hiking venture takes you where only the selected few dare to tread. You've made a choice that's challenging and gritty, but the rewards are something about a world you've never known, unless you've had b/fast with the birds. Be a part of our well thought of itinerary that knows what the adventure seeker loves and will go the mile for a climbing experience of a special kind. We begin from the gentle foothills of the Khumbu hiking at our pace through pretty Sherpa villages and fertile yak pastures as we pour out into the amazing Gokyo valley with its fresh clean water lakes, leaving you gasping for breath with the aura of its natural beauty; from where we clamber up to Gokyo Ri for grandstand views of Everest and some famous peaks that include Cho Oyu right across the border in Tibet. Our venture extends into alpine country as attempt to cross the Renjo La pass which gives us clearer cut views of the soul of Everest with astonishing beauty, gleaming lakes which will set the adrenaline on top gear for an expedition you perhaps hadn't expected. Its nerve tingling as we watch the views while meandering our way to the heights of the pass at 5400m. **Gokyo valley Renjo La Pass Trek** is one venture you'd not want to miss, ever.

Trekking in the 'Khumbu' [Everest region], which houses 4 of the planet's 6 highest peaks: Mt. Everest, Lhotse, Makalu and Cho Oyu is also God gifted with many lesser mountain peaks of no lesser fame for mountain climbers seeking something new with little risks brings much adventure in this great wilderness of Nepal. Hiking hereabouts gives us endless views of awesome landscapes with in-depth glimpses of the heartlands of the legendary climbers we all know so well by the name of 'Sherpas', who tread the length and breadth of these Himalayas, plying their trade while escorting ardent trekkers who want to leave their marks on this trailblazing region of immense natural beauty of an exceptional kind. The Sagarmatha National Park, considered the highest national park in the world and a world heritage site is a wonderful addition to this venture as we wrap up our trip with a descent to thrilling Namche for a hot water bath before we head down to Monjo and Phakding the next day after a memorable odyssey of **Gokyo valley Renjo La Pass Trek** for one of the finest outings in one of the most famous destinations in the world for adventure...

| | |
|------------------|--|
| Activity Levels: |  Moderate This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit. |
| Duration: | 17 days |

AT A GLANCE

- Legendary trails with shimmering lakes as we plod through a pass above the timberline...
- 12 days on trails that begin at the foothills of Everest
- Close to the famous climbing peaks for some fantastic close-up views of Everest...
- Hike up to Gokyo peak 5463m where the sights are simply awesome...

Cost Includes

- Healthy meals during entire trek: 3 times
- Best Mountain Lodge with hot shower on trek
- Flight Kathmandu-Lukla-Kathmandu
- All airport transfers by Private vehicle
- Expert Local Sherpa guide: Certified by Gov.
- Necessary Porters: 1 porter between 2 people
- Best 3/5 Star Hotel room in city with breakfast
- Welcome dinner at Authentic Restaurant
- MST kit bag, Group medical kit & trekking Map
- Good Quality Sleeping bag & Down Jacket
- Private vehicle for ground transportation
- All park entrance fees and trekking permits
- Guides and porters pay, meals and insurance
- Full day sightseeing tour of Kathmandu city

Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu: \$7-10 per Meal
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter
- Battery Charges & internet on trek

ITINERARY

01: Arrival in Kathmandu and transfer to hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, Mountain Sherpa Treks office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

02: Full Day sightseeing of Kathmandu City- Overnight Stay at hotel

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. Within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world} and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos). We next drive down to Swayambhunath {popularly known as Monkey Temple} "Swayambhu" means "self-created" and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We return back to our hotel, refresh, and maybe do some shopping, have an early supper and retire to bed, most probably. Breakfast

03: Kathmandu 1360m to Lukla by air {this takes about 30 mins...trek to Phakding - 3-4 hrs

After being well rested after a solid night's sleep, we wake up fresh the next morning, have an early breakfast, and get into our vehicle for a drive to the domestic terminal of Kathmandu airport for an early morning flight to Hillary's Lukla (2,800m/9,186ft), a gateway destination from where our trip commences. After an adventurous scenic 40 minute flight above the stunning green and white mountains, we reach the Tenzing-Hillary Airport at Lukla. Arguably, this is one of the most beautiful sky routes in the world which concludes in a remarkable landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, we meet the other crew members and after some sorting and packing and arrangements, we start our trek through the pretty wealthy village of Lukla until we reach Phakding. To assist in acclimatization, we only have a short hike today. However, if you are interested in additional activities we can take a side trip to a nearby monastery. This is our first Overnight in Phakding. All meals included: Breakfast, Lunch, Dinner (B, L, and D)

04: Trek to Namche Bazaar (3440M) - Approx- 6 hrs

Walking through a beautiful pine forest, the track leads us along the Dudh Koshi River through many suspension bridges, one of which is the famous Hillary Suspension Bridge. First, we catch superb scenes of the glistening Mt. Thamserku (6618m). Through the settlement of Benkar, Chumoa, Monjo, we come to the check post and entrance to Sagarmatha National Park. We pass through the last village of Jorsale before reaching Namche Bazaar. The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. At this juncture, we stop at Chautara to admire the views. We still need to hike about 1.5 hours to reach Namche Bazaar, a gateway to Mt. Everest and the main trading centre of this region. Overnight in Namche [Las Vegas of the Khumbu] - B. L. D

05: Trek to Syangboche, Rest/Acclimatization and Back to Namche Bazaar- 3 hrs

If we are to hike a few hundred feet upwards during the day, this gives us some useful acclimatization. We go for a stroll down to the Tourist Visitor Center near the Sagarmatha National Park headquarters and observe a lot of history related to the first Everest ascenders, Sherpa culture and get some interesting insights into the plant and animal life of the Everest region. We also have options to walk up to Khumjung and climb up to the famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel, a Japanese design to build a deluxe hotel with great views of the highest mountains on the planet. The Khumjung valley is encompassed by the snowy peaks of Kongde and Thamserku and the holy peak of Khumbila hosts a well known monastery that is also home to the yeti scalp. We visit Hillary School which is at the same site. After enjoying lunch and spending some time in Syangboche, we trot back down to Namche Bazaar.

06: Trek to Mongla (3790M) - Approx 4/5 hrs

It's a pretty strenuous ascent of the day as we have to pass the Mong La, a very charming place perched on the spur of Mt. Khumbila. An ancient historical Chorten stands at the centre of the settlement of Mong La. We stop at the top of Mong La to admire the grandest views of surrounding snow-capped mountains and valleys while having lunch. The most outstanding feature of the trail today is the abundance of plant and animal vegetation including wildflowers and Rhododendrons. While on the way it will not be unusual to spot wild fauna like pheasants, mountain goats, and the elusive musk deer. Traversing through forests, some water falls and bridges, we reach Mongla for our overnight - B. L. D

07: Trek to Machhermo (4470M) - Approx 4 hrs

From Dole we climb steadily along the side of the valley, where the rhododendron forests give way to scrub juniper as the altitude increases. The trail passes many summer settlements [yersa], which are used when yaks are taken to these pastures to graze in the summer months. Ahead of us are excellent views of Cho Oyu, while at the rear are the peaks of Kantega and Thamserku. Today's trek is a somewhat short one and we will arrive at Machermo in time for lunch. Overnight Machhermo - B. L. D

08: Trek to Gokyo- RI (4750M) - Approx 4 hrs

Heady Gokyo Ri looms above the village on the northern edge of the lake. We leave camp just after first light, following a steep path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into view and the sight from the summit of Gokyo Ri itself, is said to be one of the premium sights to behold in the Everest region - some say it is even better than that from Kala Pattar. Overnight at our lodge - B. L. D

09: Trek to Gokyo Peak [5463m] and Back to Gokyo Ri- 4 hrs

Heady Gokyo Ri looms above the village on the northern edge of the lake. We leave camp just after first light, following a steep path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into view and the sight from the summit of Gokyo Ri itself, is said to be one of the premium sights to behold in the Everest region - some say it is even better than that from Kala Pattar. After lunch it is a short walk back to Gokyo for our overnight. B. L. D

10: Trek over Renjo La Pass (5338m) & trek to Lunde, 7/8hrs

It's important that we make a break at dawn today as we have to trace our trail up to Lunde after conquering of Renjo La. As there is no alternative to Lunde for overnight today, we need to start early. Down from the Gokyo Valley, we leave the main trail and turn to Renjo La trail by Dudh Pokhari. After about 3 hours, we gain the Renjo La where a dazzling vista awaits. The Everest itself, Lhotse, Cholatse and Taboche can be seen shining in the sun. Views from Renjo La are much like that from Gokyo Ri with third Gokyo Lake and Gokyo Village beneath the gray smear of Ngozumpa Glacier. Continuing on from the pass, the trail winds down a stone staircase and then scrambles over loose scree to reach the south bank of a small lake called the Angladumba Tsho. The presence of ice on the trail while descending down can make our descent a bit dangerous. Along the way we see Relama Tsho and Renjo Lake. However, we walk down through narrow valley clogged with giant boulders to Lunde where there is a support Lodge but it can be closed often. If this turns out to be the case, we walk further for another hour from Lunde to get to Marlung on the east bank of the Bhote Kosi. Overnight at Lunde or Marlung - B. L. D

11: Trek to Thame - 5 hrs

From Lunde, the route turns west and the trail is almost level as we head up the Bhote Kosi Valley, once a popular trading route into Tibet. Along the way we pass many prayer flags and mani stones, all pinpointing to the Tibetan Buddhist culture of this area. After descending to the Bhote Kosi the trail climbs steeply to Thame. From here there are good views of the peaks of Teng Kangpoche and Kwangde. To the north is the Nangpa La, the pass leading to Tibet. Thame Gompa is situated above the village overlooking the valley and is the site for the famous spring celebrations of the Mani Rimdu festival. We crash out in Thame for the night. B. L. D

12: Trek to Namche - 3 hrs

The trail descends steeply downward so we need to walk slowly and under control as our wobbling legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries the trail becomes more level and natural. By today we start to get warmed up by the light breeze. Any remaining sore throats and colds will be gone by today as we pass through this delightful mountain air. Although we are traveling the same route down, we feel completely different views. We snap a combo of open plains, rhododendron and pine forests, and in the distance snow covered peaks. We walk through the Sherpa villages' observing their notable faith in Buddhism and culture of prayer stones and prayers flag while we walk through the villages. Overnight in bustling Namche where it's all happening. B. L. D

13: Trek to Monjo - [2840M] - 6 hrs

The trail from Namche Bazar clings to the steep wooded slope beyond Kyangjuma, winding through several bends. It's interesting to lookout for wildlife such as mountain goats, snow leopards and colourful pheasants while we pass through the forest by the trail. A steep descent from Namche Hill leads to the suspension bridge crossing the Dudh Kosi river near the confluence of the Dhudh Koshi and the Bhote Koshi Rivers. We cross the Dudh Koshi River twice at separate locations before reaching Monjo. Upon this juncture, we are out of the Sagarmatha National Park after exiting from its official entrance near Monjo and finally reach Monjo Village. Monjo is comparatively a quieter place to stay than Namche and it also means our

porters have a less strenuous walk back to Lukla next day. Overnight in the docile village of Monjo – B. L. D

14: Trek to Lukla - 5 hrs

Today, we begin to get warmed up by the light cool breeze. Although we are traveling the same route down, we enjoy completely different views. We snap a mixture of open plains, rhododendron and pine forests, and in the distance snow covered peaks. We take time and walk at our own pace today as this is the last day of our trek. We experience the Sherpa villages' impressive faith in Buddhism and culture of prayer stones and prayer flags while we walk through the villages. Upon arrival in Lukla, we have plenty of time to relax, stretch those aching legs, and recall the experiences of the last couple of days. We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with truly happy faces! While in Lukla, we stroll around while our leader will re-confirm our flight tickets. In the evening, we enjoy last dinner with our crew and make it a party night which calls for a celebration. Overnight at our Lodge - B. L. D

15: Fly to Kathmandu & Transfer to hotel, relax after Long Trip

Today, after a hale and hearty b/fast, we fly back to Kathmandu after our long mountain journey. The early morning flight drops us in Kathmandu. We can rest and relax throughout the day at our hotel. If interested, we could buy some gifts to take home from Nepal for loved ones and friends and relatives; we can visit some nearby shops or venture out in Thamel for typical Nepalese goods. This short excursion either can be assisted by Mountain Sherpa's guides or we can do it ourselves too. If we want to explore any other areas in Kathmandu, we have to manage time for this today as well! At eventide, we will attend an exciting celebration dinner together for successfully completing our trek to the whole of EVEREST hosted by Mountain Sherpa Trekking and Expeditions! Overnight in Kathmandu, the valley of the gods, they say (B, D) Day 16: Reserve day (In case of flight cancellation due to Bad Weather) This is more or less a contingency day we keep in hand in the event of a delay in flights from Lukla to Kathmandu, which sometimes happens; so, if this doesn't happen which is good and fortunate, and then it's just great. It's your free day to do whatever you wish, at your cool pace that suits your convenience. You could simply use this day for some shopping of souvenirs or penning a few postcards to the loved ones at home. It's your day anyways. Breakfast

17: Drive to the Airport to head back to that lovely place we call 'home''

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Trekking and Expeditions will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this beautiful region of the Khumbu [Everest region] will give you lifetime memories of a vacation well enjoyed. Ciao friends! Till we meet again. Breakfast Please Note: that although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life. Thank you so much for your understanding.

ACCOMMODATION

-  3 Nights Deluxe accommodations in Kathmandu at 3 Star/ 5 Star Category Hotel as Per itinerary
-  12 Nights best Mountain lodge comfortabel room with attached bathroom & hot shower where available
-  All accommodation is on a twin sharing basis [Single rooms can be organized during trek with extra cost]
-  For the 3 Nights hotel in Kathmandu single rooms are available at a supplementary cost.

What kind of food I can expect during trek??

----- Morning Breakfast [6:30-7:30 AM] -----

- Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread
- Porridge with Honey

----- **Afternoon Lunch [12:30 - 1:00 PM]** -----

- Curry with Rice, Pasta, Noodles item, fried rice, fried Potatoes, Mo.Mo

Extra special from Mountain Sherpa trekking

- Welcome/farewell Dinner with live Cultural Show at typical Nepali Restaurant

----- **Evening Dinner [6:00-8:30 PM]** -----

- Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop
- Dal bhat tarkari - a soup of lentils with rice and a vegetable curry
- Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Chesse

----- **Safe Drinking Water** -----

You can get bottled water all the way up to base camp but the price per liter goes higher and multiplies significantly. It is recommended to bring steripen (UV filtration) or iodine tabs for water purification with soft plastic bags so that you can purify the water from local source and make it safe for drinking purposes. At tea houses you will be served with boiled water. And please be noted that don't drink water from local taps and resources as it would prone you to water borne illness and affects the whole trekking journey.

VITAL INFORMATION

VISA INFO:

The most convenient (and less expensive) is to have a visa on arrival at Kathmandu airport. To do this, please bring a photo Passport size and Cash small bills.

- 25 US dollars (or euro equivalent) for a 15-day visa (multiple entries)
- 40 US dollars (or euro equivalent) for a 30-day visa (multiple entries)
- 100 US dollars (or euro equivalent) for a visa from 31 to 90 days (multiple entries).

The visa is free for children under 10 years. For stays of less than 3 days, free visas no longer exist (take a visa "15 days").When you take your visa on arrival, check that the "sticker" is properly affixed: without it, your visa is not valid

TRAVEL INSURANCE:

It is a condition of joining any of our holidays that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out delayed departure and cancellation insurance, as all deposits paid are non-refundable.

A relaxed trip is not possible without good travel insurance. In the event of any sickness or injury, the cost of emergency treatment and evacuation is shocking. Therefore, travel insurance is strongly recommended for everyone who signs up with Mountain Sherpa Trekking & Expeditions.

We strongly recommend that you be careful while choosing a policy as some makes special exceptions for adventure travel. Before buying your insurance, please ensure that your insurer is aware of your MSTE itinerary and can agree to cover the activities being undertaken in the trip to Nepal, Tibet, Bhutan & India. Such as if you are planning trekking or climbing/expedition in Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses. For a group tours in urban areas, your insurance coverage of ambulance or helicopter rescue is not mandatory, however better to have with them too. Again, in Tibet, Bhutan & India trips there is no possibility of helicopter rescue, so no need to buy the air ambulance coverage.

You need send us your copy of your insurance policy (e.g. your insurance certificate) or carry it with you while you come on the trip.