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Gokyo Lakes and Renjo La Pass Trek - 15 Days

Do you wish to have an escape from the busy trail of the Everest Region and at the same time want a challenging walk? Trek the Gokyo Lakes and Renjo La pass track. Gazing at the four of the world's eight tallest mountains: Cho Oyu (8201m), Makalu (8481m), Lhotse (8414m), Everest (8848m) 360-degree view of snow-capped mountain and glaciers, valleys, from the Gokyo Ri and Renjola top will stay as life's best memories.

Do you know? It is from the top of the Gokyo Ri and Renjo La that Mt. Everest is seen as the tallest mountain in the Himalayan range. From other viewpoints along the Everest trek, you see only the tip of Everest most of the time and from Everest Base Camp, you don’t see Everest!

Considered easier among the three of the three high passes of the Everest Region, Renjo La pass does not include glacier crossing and is less challenging.

Before commencing our Gokyo Lakes and Renjo La pass trek, we spend two nights in the exotic, vibrant Kathmandu city and explore the world-famous UNESCO-listed heritage of Kathmandu.

Our real Gokyo Lakes and Renjo La pass journey starts after the hair-raising flight to Lukla. We trek through touristy tracks to Phakding and Namche Bazaar. After spending two nights at Namche Bazaar for acclimatization, we take a fork towards the serene Gokyo trail. We enjoy the forests, rivers, suspension bridges, majestic views of the Himalayas, local Sherpa teahouses, and villages along the trek and reach Gokyo. Gokyo Lakes is a freshwater lake system situated in the Gokyo valley, consisting mainly of six lakes: Gokyo Cho, Thonak Cho, Gyazumpa Cho, Tanjung Cho, Ngojumba Cho, and Kyajumba Cho. Thonak Cho is the largest Lake; however, there are at least 20 other high-altitude lakes further up the valley.

Reaching the summit of Gokyo Ri (5,340 m/ 17,519 ft) is the highlight of Gokyo Lakes and Renjo La pass trek which offers one of the best views in the Khumbu: a 360° spread that includes four 8,000-meter peaks: Everest, Lhotse, Cho Oyu, and Makalu, and descending to Lukla from the Renjo La Pass, lying at 5360m, this majesty is a great vantage point. The pass connects Gokyo Valley with the Thame region, dominating the eastern panorama far above the Cholatse and Taboche that dwarf Gokyo way below.

Gokyo Lakes and Renjola Pass trek is an ideal trek for fit people who want a challenging and off-track trek in the Everest region.

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PRICE INCLUDES

- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel- Ramada Encore or similar
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- Meals (breakfast, lunch, and dinner) during the trek
- Best available teahouse/lodge accommodation (twin sharing) during the trek (we provide rooms with private bathrooms and hot showers at Phakding, Namche, and Lukla)
- Staff– one professional, knowledgeable, and friendly English-speaking trekking leader along with an assistant guide (6 trekkers: 1 assistant guide) and porters (2 trekkers: 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Round trip flight Kathmandu – Lukla– Kathmandu including departure taxes
- Duffle bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T – T-shirt, trekking map, and trip achievement certificate
- First aid medical kit
- TIMS, National Park Permits
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)
- International airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, and early return from the mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from the mountain than the programmed itinerary)
- Beverages (water, tea, coffee, alcoholic beverages, soft drinks, etc.)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipment and clothing
- Tips for guides and porters (tip is expected)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,350m/4,428ft)

Namaste! and a warm welcome to Nepal! Today, you will be arriving at Kathmandu, an ancient city encapsulating different art, culture, traditions, medieval pagoda-roofed temples, monasteries, and the gateway to the majestic Himalayas.

One of our representatives will already be waiting for you at the airport terminal upon your arrival. Finally, after all the greetings, customs (Visa, luggage, etc.) formalities, and a short scenic drive, you will reach your booked hotel. Relax and chill your exhausted body in the comfy hotel and taste some delicious local food.

If you have time and want to travel around, you can visit the famous places located near your hotel. Tonight we will spend the night in Kathmandu. Accommodation: Hotel

Day 2: Kathmandu city tour and Trek preparation

Today, we will be exploring the different famous world heritage sites of Kathmandu listed on UNESCO.

The places you will visit are:

1. Swayambhunath Stupa: The word Swayambhu means "self-existent one." There's a belief that this stupa evolved spontaneously when the valley evolved out of a lake more than 2000 years ago. Situated at the hill at 3km west of Kathmandu, this stupa comes under one of Nepal's oldest, holiest shrines. It is the main center for Buddhism holding several shrines, monasteries, and temples inside its premises.

You will see a giant statue of the Sakyamuni Buddha residing artfully on the western boundary of Swayambhu beside the Ring road highway. As you walk behind the hilltop, you will see a temple dedicated to Manjusri or Saraswati- the Goddess of education. You will also see the Chaityas statues and shrines of the Buddhist and Hindu deity; this symbolizes the unique feature of equalism in religion. The entire surrounding is full of prayer wheels and gods sculptures at the hilltop base.

Other important and historical monuments you will see in this area are:

Gaint gold-plated Vajra thunderbolt in the east of the stupa.
The sleeping Buddha
The Dewa Dharma Monastery
Different Buddha and traditional Tibetan paintings and shops
The Harati temple

Patan Durbar Square: Located south of central Kathmandu across the holy Bagmati River, Patan is an enchanting mixture of palace buildings, artistic courtyards, and graceful pagoda temples. This city shows the unique blend of Buddhism and Hinduism coexisted for years. Patan was designed after the Buddhist Dharma Chakra, the wheel of righteousness. Over the centuries, the Newari people have added more devout structures.

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One of the main seduction of Patan is the spectacular Krishna temple with its 21 gilded spires, which was built around 1637. This Krishna temple is constructed entirely of stone and is the first specimen of Shikhara-style architecture in Nepal. The Manga Hiti, the sunken stone water sprout, is also another grandeur of Patan.

Most importantly, don't miss visiting the museum galleries, which includes the collection of over 1500 artifacts, the different sculpture of Hindu and Buddhist deity, and the explanation of other sacred traditions of Hinduism and Buddhism.

The other major attractions of Patan are Mahaboudha, Rudra Varna Mahavihar, Hiranya Varna Mahavihar, Kumbheshwor Temple, Jagat Narayan Temple, and Ashoka Stupas.

3. Boudhanath Stupa: Built around the 14th century, Boudhanath stupa, the gigantic monument, is a beacon of the Buddhist religion, surrounded by a giant mandala of peace and beauty.

Despite this stupa standstill for years, this previously was not a center for Tibetan Buddhism until the 1950s refugees of Tibet immigrated to Kathmandu.

The base of the stupa is decorated with pairs of eyes in each direction, representing the all-knowing nature of Buddha. Bouddhanath Stupa consists of a giant dome on the top of the Buddhist pyramid.

You will see the prayer wheels and flags encircling the stupa all around. The prayer wheels and flags are believed to manifest the holy positive vibration in the environment. Further, you may also explore the Buddhist culture, traditions, monasteries, and spiritual monks around the stupas. You can also go shopping as the place is full of Buddhists and Tibetan-related handicraft stores.

After exploring these places, we will return to our hotel. You can take time to shop around if you want to buy any essential trekking gear needed for your trek. Please make sure to pack your things and get ready for your early morning flight tomorrow. Accommodation: Hotel. Included Meal: Breakfast.

Day 3: Fly to Lukla and trek to Phakding (2,800m/9184ft): Flight: 35 minutes, 8km/4.5miles, 3-4 hours trek

The real adventure starts now! Because flight to Lukla is affected by weather, we try to take an early morning flight to Lukla taking the opportunity of calm morning weather in the mountain.

Reaching Lukla takes around 35 minutes of flight. Meanwhile from the plane, you can enjoy the stunning sceneries of green landscapes, rivers, valleys, and the view of breathtaking Himalayas. Indulging in the beauty of scenic flight, we won't even realize the slip away of 35 minutes, and eventually, we will arrive at Tenzing Hillary airport (2,800m/9,186ft) at Lukla, a place often known as the gateway for the Everest region.

We will meet our porters' team at Lukla and start trekking towards Phakding. After entering the national Luminary Pasang Lhamu Memorial Gate, we hike to the famous Chaurikha Village, descending the Dudh Koshi ghat.

The routes towards Phakding consists of the alluring beauty of different stonewalls, schools, Mani stones, prayer wheels, suspension bridges, and many more. We may also visit the 500 years old Pemachoiling and Rimshung

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monastery. After 3 hours of trekking, we will finally reach Phakding today and spend overnight at one of the traditional lodges in Phakding. Accommodation: Teahouse. Included Meal: B, L, D

Lukla Flights

The primary gateway to the Everest Base Camp Trek is via a flight to Lukla (2840m), which lands at one of the world's most extreme airports: Tenzing-Hillary Airport. Positioned on a narrow plateau above a steep cliff with a short and narrow runway, the flight itself is as thrilling as it is challenging. Weather conditions here are notoriously unpredictable, with visibility shifting rapidly, which adds a layer of excitement to the journey.

Ramechhap Airport

During the busy trekking seasons in spring (March, April) and autumn (October, November), Kathmandu Airport faces significant congestion, leading most flights to Lukla to operate from Manthali Airport in Ramechhap, approximately a 4-5 hour drive from Kathmandu. To avoid this drive, you can opt for a helicopter flight from Kathmandu, though this is an additional expense.

Weather

Flights to Lukla are dependent on clear weather and stable conditions. Delays or cancellations are common due to sudden shifts in weather, which may extend your trekking plans by a few days. We recommend adding buffer days to your itinerary to mitigate any disruptions to your return travel plans.

In the event of prolonged delays, a helicopter transfer to Lukla is an alternative, although this incurs additional costs and is not included in the standard trek package. While helicopters can operate in some conditions that planes cannot, extreme weather can ground them as well. In such cases, we will endeavor to arrange a helicopter charter, subject to availability and weather permitting. Please note, helicopter availability is limited and may lead to delays.

We ask for your flexibility and understanding in these situations. If weather conditions prevent flights for an extended period, an alternative is to drive to Tham Danda—a challenging 20-hour journey—and begin the trek from there. This route is prone to difficulties, especially in adverse weather, requiring extra days and considerable patience.

Should conditions make the Everest Base Camp Trek unfeasible, we can redirect to other treks such as Annapurna Base Camp or Langtang Gosainkunda. While these treks do not lead to Everest Base Camp, they offer stunning views and rewarding experiences.

Your cooperation and flexibility are crucial in navigating these complexities, ensuring a memorable and enjoyable trekking experience regardless of the route.

Day 4: Trek Phakding to Namche Bazar (3,440m/11,283ft): Distance: 11 km/ 6.8 miles, 5 to 6 hours

The usually rocky trail to Namche passes through dense forest with a wide range of flora and fauna, mules and yak caravan, Sherpa settlements, many more.

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We get our permits checked at the check post, have lunch at Jorsalle, and after crossing the iconic bridge Hillary suspension bridge which is 300m above the Dudh Koshi River, we start climbing to Namche Bazaar. If clouds don't roll in until the afternoon, we will have the first view of Mount Everest today! This place is known as Topdanda (from where we get the first view of Everest!)

It's about an hour more walk and we are there at Namche Bazaar! We check in to our teahouse, get refreshed and after a short rest, we can take a tour of Namche Bazaar. Namche Bazaar is the biggest town in the Everest region. Thamserku (6648m), Khumbila (5707m) Kwangde Ri (6187m) surround the bowl that Namche sits in. There are banks, ATMs, restaurants, bars, bakeries, museums, etc,. Accommodation: Teahouse. Included Meal: B, L, D

Day 5: Acclimatization day – Hike to Everest view hotel (3900m/12795ft): 4.5 to 9 km/2.8 to 5.5 miles, 3 to 6 hours trek

When you are on the higher elevation, never forget about Acute Mountain Sickness, which occurs due to the low air pressure and lower oxygen level at the high altitudes. As we are already on the elevation at 3440m, it's time to acclimate ourselves.

You may face the symptoms of altitude sickness such as dizziness, headache, nausea, and vomiting if you are a novice to high-altitude trekking. However, don't panic; intake more water and carry a Diamox; it will help you, and anyways, our guide will be there to take care of you.

So, to acclimatize ourselves, we will traverse around and gain some further distance. Today we can explore;

Everest View Hotel: Trekking alongside trails of Bhote Koshi River, passing dense and lush forest enriched with the natural vegetation and wildlife, along with the steep rocky trails, we will set foot into the Syangboche airport.

After a few minutes of walking from Syangboche airport, we will eventually arrive at the Everest View hotel. Hotel Everest View has set the Guinness Book of World Records (2004) as the highest placed hotel globally, lying at an elevation of 13000ft. From there, you can have a mesmerizing view of highly elevated mountains such as Mt Amadablam, Mt Nuptse, Mt Lhotse, Mt Everest, and many more.

After reaching there, we will taste the typical Nepali foods cooked by the native local people of the region and again trek back to Namche Bazaar.

Today we have reached an altitude of 3900m, gaining a height of 460m, so we will be returning to Namche Bazzar for our overnight stay following the theme of Altitude sickness that" Climb high, sleep low." Tonight our body will get well acclimatized, and we will be ready for our higher altitude trekking from tomorrow.

On your preference, we also have another option for today's trekking, that is;

Khumjung village: Khumjung village lies between the peak of Thamserku and Konde, where you can explore different schools (Khumjung Hillary School), hospitals, Khumjung Gompa, and many more. We will reach Khumjung passing Chhorkung- Khunde; after a few minutes of walking from Khunde, we will arrive at Khumjung. Accommodation: Teahouse. Included Meal: B, L, D

Day 6: Trek Namche Bazaar to Dole (4200m/13779ft): 12 km/7.4 miles, 5-6 hours trek

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Waking up around the lap of the Himalayas and having breakfast between the indulging beauty of Namche, today, we will start our trekking towards the Dole. Dole is a small local village lying in the Dudh Kosh valley north of Khumjung and south of Machhermo at 4038m.

First, we will be passing Kyangjuma -Sanasa; from there, walking in the stone steps, we will reach Mong, where you can also see the birthplace of Lama Sange Dorje. Then, after passing 1376km from the Mong, we will arrive at Phortse Thanga; it is a farming village lying at 3840m in the Khumbu valley. Eventually, passing the 350m above, we will reach Tenga (Tongba); again, after a few minutes of walking from there, finally, we will set foot in our today's final destination, The Dole.

Today's, trekking is more of an exploration of nature as the routes engulf the forest full of juniper and coniferous trees. You will also spot the large herds of Kharkas coming through you. Especially if you are trekking in spring, you will see the colorful decoration of the forest with the blooming of rhododendron flowers.

Today we will spend the night at Dole, where you can see the mesmerizing view of Khumbila and Tawache throughout the day. Accommodation: Teahouse. Included Meal: B, L, D

Day 7: Trek Dole to Machhermo (4400m/14665ft): 6 km/ 3.7 miles, 3 to 4 hours trek

Waking up and having breakfast in the center of small grassland just above the valley of streams, the Dole, today it's time to trek towards Machhermo. Machhermo is a small village lying in the Dudh Koshi river valley just north of Dole and south of Gokyo at an altitude of 4470m, below the terminal moraine of the Ngozumpa glacier. Machhermo is a shopping point for trekkers often.

We go through the forested trekking trails through Lambara and Luza villages, enjoying the towns' stunning natural setting, grazing of Kharkas, observing the local Sherpa's lifestyle, and communicating with them. Eventually, after more steep hikes, we will reach Machhero before dawn.

Today we will be spending our night at the local lodge of Machhermo. Accommodation: Teahouse. Included Meal: B, L, D

Day 8: Trek Machhermo to Gokyo Lake (4700m/15419ft): 8 km/ 4.9 miles, 4 to 5 hours trek

Today, leaving behind the Machhermo, we will begin our trek towards the Gokyo lakes.

Today we will be walking all along the routes of the Gokyo trail; first, we will climb a ridge offering an excellent view of down the valley to Kantega and upwards Cho-Oyu (8201m). Beyond the rise, the valley widens as the trail passes through Pangka at (4390m) then descends to the riverbank before commencing to climb on the terminal moraine of the Ngozumpa glacier. Next, it's a vertical climb up the moraine, switch backing alongside the stream to the first small Lake at (4650m), where a family of green ducks lives. Now, we are almost at the level of 4690m.

Eventually, after a few minutes of trekking, we will arrive at our lodge. We will spend the night today at the local teahouse of Gokyo village. Accommodation: Teahouse. Included Meal: B, L, D

Day 9: Hike to Gokyo Ri (5360m/17585ft) optional hike to fourth/fifth Gokyo Lakes: 4km to 14 km/2.4 to 8.6 miles, 3 hours to 7 hours trek

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After waking up in the middle tranquility of the bluish lakes, the Gokyo lakes, today we will hike towards Gokyo Ri. Gokyo Ri is the most prominent and world-famous vantage point lying at an elevation of (5,360m), which shows 360 panoramic views of the world's lofty Himalayas and the scenery of beautiful landscapes and pastureland of the Khumbu region.

After trekking a couple of hours from our lodge, we will reach the Gokyo Ri. Reaching out at Gokyo Ri, you will see the alluring breathtaking stunning views of High- lofty mountains above 8000m: such as Mt Everest(8,850m), Mt Makalu (8,485m), Mt Lhotse (8,516m), Mt Cho Oyu (8,201m), and Mt Lobuche, etc. You will also see the Mahalangur Himalayan range and the Ngozumba glacier, and the five lakes of Gokyo.

After exploring the eye gleaming beauty of Gokyo Ri, we will again trek back to our lodge and spend the overnight. Today spending the night again at Gokyo will further help us in acclimatization. Accommodation: Teahouse. Included Meal: B, L, D

Day 10: Trek to Lungden or Lumde (4300m/14107ft) via Renjo La pass (5340m/17519ft): 13 km/ 8.07 miles, 6 to 7 hours

Today we will be walking all the trails along the Renjo La pass. Crossing the Renjo La pass can be challenging and exciting as we descend into the remote northern valley where access is restricted. Furthermore, the landscape will be of a Tibetan valley beyond the border.

As walking on the trails of Renjo la, we will be crossing several lakes, Angladumba Tsho- Relama Tsho lake; after that, descend towards the Renjo Khola and Renjo lake; eventually, we will reach Lungden.

Lungden is a small tea house settlement just after/before Renjo La. It is a popular rest spot for trekkers heading towards the famous Renjo La pass or coming from there. Be prepared for the calming view of lesser-known mountains like Chhupu (5897m), Thyangmochen (6500m), and Dragkya (5657 m).

Today we will be spending the night at a local lodge of Lungden, tasting some delicious local foods. Accommodation: Teahouse. Included Meal: B, L, D

Day 11: Trek Lungden (Lumde) to Thame (3800m/ 12467ft): 5km/3miles, 3-4 hours

After having our breakfast, today we will continuously step down until we reach Thame; it is a small Sherpa village that sits beneath the mountain wall of the Kongde peak. It is a home for the finest mountaineers such as Apa Sherpa (summited Everest 21 times), Apa Rita Sherpa (Summited Everest 11 times): they were born here, and Tenzing Norgay (summited Mount Everest along with Edmund Hillary) who spent his childhood here.

Walking along the trail following Bhote Koshi Nadi, we will make our way all along the Marlung. After crossing two suspension bridges, we will set foot into the Taranga. Eventually, from there, we will gentle stroll down the valley until we reach Thambuteng village and then over the moraine to Thame.

After 150m above Thame, you will see the old Thame Monastery, where the world-famous Mani Rimdu festival is celebrated throughout the springtime (Middle of May) each year.

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Tonight we will be spending at Thame. Accommodation: Teahouse. Included Meal: B, L, D

Day 12: Trek Thame to Namche Bazaar (3440m/11154ft): 13km/8 miles, 5-6 hours trek

Today, we will continue our trekking following the flat and descending to the Thame. At first, we will follow a trail leading us to Samde, located above Bhote Koshi River; you can view Shar, Thamserku, and Kangtega. Then, descending again towards Phurte, the first settlement after Namche or lasts before, depending on how you started this journey. It is a beautiful village with a forestry nursery for Everest Conservation Area Program. Eventually, we will finally reach Namche Bazar. Accommodation: Teahouse. Included Meal: B, L, D

Day 13: Trek Namche Bazaar to Lukla (2800m/9186ft): 19 km/ 11.8 miles, 6-7 hours trek

After breakfast, we will trek toward the Hillary Suspension Bridge and then pass through several local villages, one of which is Phakding. Eventually, arriving at Lukla, we will stay at one of the lodges, and this will be our last night in the Everest region.

Thanks to teamwork and your dedication, we have finally completed safe and sound trekking. Accommodation: Teahouse. Included Meal: B, L, D

Day 14: Fly back to Kathmandu and transfer to hotel: 35 minutes flight

After 40 minutes of the scenic flight, we will be back in Kathmandu.

Tonight we will spend in a hotel in Kathmandu and have a farewell dinner. Accommodation: Hotel in Kathmandu. Included Meal: B

Day 15: Final Departure

Today your trekking of Gokyo lakes and Renjo La pass trek comes to an end. One of our representatives shall escort you to the international airport in Kathmandu. We hope this journey has offered you a lifetime of memorable moments filled with magnificent Himalayan sceneries, adventurous trekking, and unique cultural exploration, and you will go back to your homeland, acquiring a unique taste and experience of Nepal. Included Meal: Breakfast.