

# Everest Renjo La Pass Trek

Famous as a part of the longer **Everest High Pass Trek**, the **Everest Renjo La Pass Trek** sits as an alternative to the longer treks of the Everest Region. As the name suggests, this trek passes through not only the **Renjo La Pass** but also through one of the most picturesque valleys in the country, the Gokyo Valley.

Most of the trek in the Khumbu starts off with a flight to the Tenzing and Hilary Airport. While on flight, be sure to bask in the views of the Eastern Himalayas. March towards the Sagarmatha National Park and then hike to the trading hub of the Khumbu Region, Namche Bazar. Altitude sickness is a health effect that can happen at high altitude so, a day off doesn't hurt much, right? During the day off, take a trip to the highest altitude hotel in the world, **Everest View Hotel** followed by an exploration of the photo gallery and cultural museum. Our path takes us to Dole and then towards Machhermo. Trek to the six lakes of Gokyo starting from the first one, 4690 meters, Longpongo Tso and then to Taboche Tso, Dudh Pokhari, Thonak Cho, and also the Gyazumpa Cho. Don't forget to explore the Soundrel's Viewpoint with one of the most scenic views of the four eight-thousanders and also the largest glacier of the country, Ngozumpa Glacier.

Now, it's time for our destination, Renjo La Pass which though is dusty and slippery, offers views of the Gyachung Kang, Makalu, Kusum Kanguru, Pumori, Lhotse, Nuptse, and also, the Everest. Drop down to Lungden then to Thame which eventually follows our trail back to Lukla and then onward departure.

Saturate yourself with the blue lakes of Gokyo and the strenuous yet, beautiful **Renjo La Pass**.

Duration: 14 days

Price: \$1325

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

## Itinerary:

**Day 01:** Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

**Day 02:** Fly to Lukla (2860 meters) and Trek to Phakding (2610 meters)

30 minutes is far from enough to get to one of the bewitching airports in the world, the Lukla Airport. Though dangerous, Lukla Airstrip AKA Tenzing and Hilary Airport offers the first closest peek of the Mahalangur Mountain Range. Start walking towards the Cheplung Village as the path descends down to Thado Koshi to finally get past a large suspension bridge to arrive at Ghat. An easy

walk downhill from Ghat ensures our arrival at Phakding.

**Day 03:** Trek to Namche Bazaar (3440 meters)

Walk through the Pine forests to reach the Zam Phute village and across a rivulet to arrive at Tok Tok. Follow an uphill trail to Benkar before crossing a bridge to get to Chumao, a TIMS checkpoint. A short walk to the entry point of the Sagarmatha (Everest) National Park, Monjo from where a steep descent will see our arrival at Jorsalle. Across a large suspension bridge over the Bhote Koshi and Dudh Koshi Rivers to climb up gradually to reach the marketing hub of the Khumbu Region, Namche Bazaar in about 3 hours. Enjoy the views of the Eastern Himalayas!

**Day 04:** Acclimatization Day

Be a lark and enjoy the crack of dawn at Namche. Following breakfast, walk towards the Syanboche Airport, the closest to Mount Everest yet unpaved airstrip of Nepal. Later, hike up to the Everest View Hotel, the highest altitude hotel in the world and also the destination for Everest View Trek, and enjoy a 360 degree view of the Mahalangur Mountain Range, also the Everest. Back to Namche to explore Everest Photo Gallery and Sherpa Culture Museum. Also, enjoy the typical Sherpa culture while at it!

**Day 05:** Trek to Dole (4200 meters)

Rest day is up now, it's time for us to walk up to the Kyangjuma Village. An easy walk to Sansa followed up by an uphill climb to Mong and another downhill then uphill climb through rhododendron, juniper, and coniferous forest takes us to Phortse Thanga. Pass the village of Tongba and Gyele before finally making it up to Dole. The holy mountain of Khumbila and Tawache mountain just look gorgeous from here!

**Day 06:** Trek to Machhermo (4400 meters)

Hike up to Lambara and then to the Luza village. An easy hike up the side of the valley will see our arrival at Machhermo. Visit the Himalayan Rescue Hospital to find out more about altitude sickness and its symptoms, prevention and cure.

**Day 07:** Trek to Gokyo (4700 meters)

Up a ridge as it opens up to a wide trail to Pangka. A short descend to the Dudh Koshi and a steep hike uphill will take us to the first lake Longpongo Tso and then the Taboche Tso. The hike opens up to the Kangtega, Thamserku, Cho Oyu, Longpongo, and the Raboche Tso peaks. A short trail from here takes us to the 3<sup>rd</sup> lake, Dudh Pokhari or the Gokyo Cho. Explore the Dudh Pokhari at the Gokyo Village!

**Day 08:** Climb Gokyo RI (5360 meters) and Explore Gokyo Lakes

An early hike uphill on the steep snowy trail takes us to the 5360 meters tall Gokyo RI in about two hours. Enjoy the views of some of the tallest mountains of the Everest Region, Cho Oyu, Gyachung Kang, Lhotse, Cholatse, Tawache, Makalu, and the Everest. Get back to Gokyo RI and explore the 4<sup>th</sup> lake, Thonak Cho, the deepest lake, and the 5<sup>th</sup> one, Gyazumpa Cho, the second largest lake. Also, make sure to go a bit further towards the Scoundrel's Viewpoint, and take in the views of the four eight-thousanders and also the Ngozumpa Glacier, the largest glacier in Nepal.

**Day 09:** Trek to Lungden (4400 meters) via Renjo La Pass (5417 meters)

A long day ahead of us! Hike towards the foot of the tall Renjo La Pass and ascent through the dusty and slippery trail towards the

pinnacle. While at the top, delight in the landscape views of the Gyachung Kang, Everest, Makalu, Kusum Kanguru, Pumori, Lhotse, and Nuptse. Now, plod downhill slowly and steadily to set foot at Lungden.

**Day 10:** Trek to Thame (3800 meters)

Wake up to the less popular peaks of Chhupu, Thyangmochen, and Dragkya before hiking uphill through a narrow trail. Get past the village of Marlung to finally arrive at Thame. Visit the Khumbu Hydroelectricity, if time persists.

**Day 11:** Trek to Namche Bazaar (3440 meters)

Leave the birthplace of the first ever Mount Everest Summiteer Tenzing Norgay Sherpa through pine and rhododendron forest to making it to Thamo. Trace the trail towards the Tesho village and then en route for Phurte. A comfortable walk will now take us to Namche.

**Day 12:** Trek to Lukla (2860 meters)

Hike uphill to Jorsalle after descending towards a long suspension bridge from Namche. Walk past Monjo to set foot at Chumao. Follow the same rugged trails towards Benkar and Zam Phute before finally making it to Phakding. Ascend towards Ghat and across a large suspension bridge to Thado Koshi. Easy walk up towards Lukla! Take a hot shower and enjoy the rest of the day!

**Day 13:** Fly to Kathmandu (1440 meters)

Get the last look at the Mahalangur Mountain Range and bid farewell to them! An early morning flight will see us back at the capital city of Nepal, Kathmandu.

**Day 14:** Onward Departure

This day marks the official end of your trek! If you have plans to stay and explore Nepal more, we can arrange scenic tailor-made trips for you. However, for those of you having to travel back, we will arrange your travel to the airport and wish you a happy journey ahead.

**Highlights:**

- High Pass – Renjo La Pass (5417 meters)
- Gokyo Lakes
- Ngozumpa Glacier
- Khumbu Glacier
- Everest View Hotel, the highest altitude hotel in the world
- Peak Climbing: Gokyo RI (5360 meters)
- Scouderl's Viewpoint
- Sagarmatha National Park
- Lukla Airport (Tenzing and Hilary Airport)
- Sherpa Culture, Tradition, and Lifestyle
- Everest, Nuptse, Lhotse, Cho Oyu, Makalu, Ama Dablam, and Other Mahalangur Mountains

**Cost Include:**

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Round Trip Flight Kathmandu to Lukla and Back
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS and Sagarmatha National Park Permit Fee
- Government Taxes and Office Service Charge

**Cost exclude:**

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa