



Itinerary for Renjo la pass Gokyo valley trek

Day 1

Arrival at Kathmandu airport (1380m).

- Altitude – 1380 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at hotel

Our company representative will transfer you to hotel. In the evening; briefing about Everest renjola pass trekking and last minute preparation for the trekking. We will also tell about the tour program happening the very next day.

Day 2

Kathmandu city tour; full day

- Altitude – 1380 meters
- Special – Kathmandu City Tour
- Time – full day
- Activity – Sightseeing of UNESCO world heritage sites in Kathmandu

Kathmandu sightseeing tour by private vehicle includes Pasupatinath (also known as cremation place in Kathmandu), Buddhanath (huge stupa near city center), Monkey temple (real name is Swyambhunath temple) and Kathmandu durbar square (also known as Kumari place). It is a full day tour with government licensed tour guide.

In the evening you'll have time to finish your last minute preparation for the trek to renjola pass gokyo trek in Everest.

Day 3

Fly from Kathmandu airport to Lukla (Tenzing Hillary Airport) (2810m), followed by a short and easy trek to Phakding (2610m). – 25 minutes flight to lukla – 3 hours walk to Phakding

- Altitude – 2610 meters
- Special – Scenic view from plane and during trek
- Time – 3/4 hours and 25 minutes
- Activity – Flying in plane and 2 hours hiking

25 minutes flight in a small plane carrying 14 people will take us to Tenzing Hillary airport at Lukla. Lukla is the gateway to trekking trails in Everest region. After breakfast at a local guest house in Lukla, we start our trekking downhill to Phakding village. Phakding is a small village on the side of Dudh Koshi River. Attraction of the day is Dush Koshi River (colour of water in this river is like water) and its stunning



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river valley. We will descent from Lukla to Phakding; altitude variation approx. 200 m today.

Day 4

Trek from Phakding to Namche Bazaar (3440m). – 8-9 hours of trekking

- Altitude – 3440 meters
- Special – Namche and Durpin Danda
- Time – 8/9 hours
- Activity – Hiking through suspension bridges along with the river valley

Phakding to Namche is the longest trekking day in “Everest renjo la Pass gokyo valley Trek”. We cross 5 suspension bridges and trek towards the sagarmatha national park protected zone. In between Jorsalle village & Monjo village, we buy tickets to enter the sagarmatha National park, the ascent begins. Sagarmatha national park conserves thousands of wildlife and keeps Mt Everest inside its boundary – in boarder with China to the northen side.

Day 5

Acclimatization day at Namche and acclimatization hike

- Max Altitude – 3962 meters
- Special – Hotel Everest View
- Time – 3/7 hours
- Activity – Hiking 3 hours or up to 7 hours as opted.

Main reason for acclimatization during multiday hike is to trek higher and sleep low. This helps acclimatize our body with the altitude and make sure altitude sickness will not bother while ascending higher. In the acclimatization hike we will trek to the famous view point at the Sagarmatha national park visitor center premises – here we can visit to the national park museum. To acclimatize properly, we hike higher up to 3880 meters to Everest View hotel. It takes 3 to 4 hours to trek up to Everest view hotel.

Day 6

Namche to Dole

- Destination Altitude – 4000 meters
- Special – River valley view with wide view of Mt Thamsherku
- Time – 5/7 hours
- Activity – Hiking along the riverside

Namche to Dole is a river valley trekking experience. Trekking trail follows the well maintained trail towards gokyo lake. Once we get to Portse tonga the trail is by the side of Gokyo river. The river comes from the lakes of Gokyo.



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At Dole a small opening towards Mt Thamsherku & Mt Kangtega is stunning on the back side of where we have been trekking all day today.

Day 7

Dole to Machhermo

- Altitude – 4200 meters
- Special – Beginning of No tree line zone
- Time – 4 to 5 hours
- Activity – Trekking with approaching view of Mt Cho yu

Trekking from dole to Machhermo is the shortest of all. Because of change in elevation – this day has been made shorter.

Trekking trail is comparatively narrower than that of Everest base camp trekking trail but view of river valley from no tree line zone is appealing.

Once reached at Machhermo, village is in the valley, right next to Kyajo ri. Evening here is nice and less windy.

Day 8

Trekking from machhermo to Gokyo

- Altitude – 4700 meters
- Special – Gokyo lakes (1st, 2nd & 3rd lake)
- Time – 5 to 6 hours
- Activity – Trekking by the 1st & 2nd lake; sleep next to 3rd lake

Trekking from machhermot to Gokyo is beautiful than your expectation. Trail is right next to the mountains and pass by glacial lakes.

Machhermo to gokyo trek needs gentle trekking with careful pace/speed while walking. As you do not want to ruin your beautiful Gokyo night with bad headache.

Trekking trail goes along the river valley. On the back of where you are walking – wide range of Khumbu range will be seen and forward will be stunning view of Mt Cho yu. Mt Cho yu approaches in your every steps.

Trekking route passes by few villages like Luza with interesting thing to encounter on the route.

Day 9

Gokyo Acclimatization day & side excursion



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- Altitude – 5000 meters
- Special – Cho yu basecamp & 4th, 5th & 6th lake
- Time – 5 to 6 hours
- Activity – Side trip as acclimatization hike

Do not push during this day. But there are many things you can do at Gokyo village.

As the rule of acclimatization while trekking in everest region, Nepalgram team will take you higher up to basecamp of Cho yu or en route towards the basecamp of Cho yu. After hiking up – we will sleep in the same tea house by gokyo lake.

Hiking up to Gokyo ri can be an option today, but the view from the top of Renjo la pass and Gokyo ri is pretty similar; that is why – saving energy by not climbing 2.5 hours uphill from Gokyo village to Gokyo ri is not recommended.

Day 10

Renjo la pass day

- Altitude – 5360 meters
- Special – Pass day with magnificent view
- Time – 7 to 9 hours
- Activity – Trekking over the pass & early start

Renjo la pass connects Gokyo village with Thame. Today we will start trek early in the morning. Trail towards the summit of Renjo la pass is by the 3rd lake of Gokyo. On the other side of the pass, there is only one route to get down to Lungden village.

Difficulty for trekking over Renjo la pass depends with your adaptation for the high altitude. If things go right with your acclimatization – view from the top of renjo la pass is overwhelming.

Pack lunch for renjola pass day is highly recommended. Our trekking guide will take care of this management.

Day 11

Trek to Namche

- Altitude – 3440 meters
- Special – Thame valley & approaching view of the mountains by the side of Namche bazaar
- Time – 6 to 7 hours
- Activity – Trekking downhill with monastery visits



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Trekking downhill is easier and faster than you have imagined. Although the trekking trail is not as wide as in other side of Renjo la pass trekking route – you will enjoy the scenery on the other side of the pass.

Thame is the last river valley in everest region. If trekkers want to cross Thame valley – they will either get to Gokyo (where we have been trekking from) or they will get to Rwolwaling region in Gaurishnaker conservation area.

View of mountains, very few trekkers in the region, interesting villages & local monasteries are nice to enjoy your descent – along the trail.

At Namche – hot shower and warm rooms will be waiting. Night life of Namche in the mountains pubs and bars is charming, or have a warm night at your hotel at Namche.

Day 12

Namche to Lukla

- Altitude – 2880 meters
- Special – Back to the same trail
- Time – 8 to 9 hours
- Activity – Memories in reflection

At Namche, Renjo la pass Gokyo valley trek makes a complete loop. After ending our circuit trek – we walk on the same route that we have done in our day 01 and Day 02.

Tall suspension bridge, monjo, Phakding, National park entrance gate – everything will come back to farewell the adventure in renjo la pass circuit trek.

Tonight is the time for farewell dinner, dance at your hotel or go to the pubs at Lukla. Lukla has clubs where you can dance with trekking boots and hiking gears.

Day 13

Fly to Kathmandu

- Altitude – 1450 meters
- Special – Amazing mountain flight
- Time – 25 minutes
- Activity – Fly in 17 seater aero-plane

Taking a short flight in a small plane by the side of tall mountains is nice. Air turbulence and small plane makes the flight adventurous but admit it – it is safe in the air.



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Day 14

Departure

- Altitude – 1450 meters
- Special – Traditional farewell
- Time – 15 minutes to airport
- Activity – Airport shuttle with our team

Nepalgram team will take you to the airport for your final departure from Nepal.



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