

Gokyo Renjo La Pass Trekking

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Gokyo Renjo La Pass treks for those people who wish to avoid the busier trails in the Everest region but still gain stunning views of Mt Everest. Trekking slowly through Sherpa villages and yak pastures. We emerge into the stunning Gokyo Valley with its beautiful lakes. We ascend Gokyo Ri for one of the finest views of Everest and surrounding peaks including Cho Oyu in Tibet. From our remote high camp west of Gokyo we prepare for the highlight of the treks crossing of the Renjo La. The views of Everest are incredible as we weave our way to the top of the pass at 5400m, before our descent to Mirlung along a rarely trodden trail where we are unlikely to see other trekkers. Undeniably trekking at its best in the Everest region.

Itinerary

Day 01: Arrival in Kathmandu & Transfer to a Hotel

You will be met by our representative and transferred to the Hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given after the refreshment.

Day 02: Kathmandu Sightseeing

After breakfast, proceed for a city tour of Kathmandu visiting Pashupatinath and Boudhanath, Swayambhunath, Kathmandu Durbar Square & Patan Durbar Square. Pashupatinath Temple is situated five km east of Kathmandu, the temple of Lord Shiva, Pashupatinath with two tiered golden roofs and silver doors is considered one of the holiest shrines of Hindus. The Boudhanath stupa lies 8kms east of Kathmandu. This ancient colossal boudhanath stupa is one of the biggest in the world and the center of Buddhism in the world. It was listed in the UNESCO Heritage Monument in 1979. Kathmandu Durbar Square, the complex of palaces, courtyard and temples, built between the 12th and 18th centuries used to be the seat of the ancient Malla kings of Kathmandu. Swayambhunath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone. Evening back to the hotel. Overnight stay at Hotel.

Day 03: Flight Kathmandu to Lukla (2886m.) & trek to Phakding (2652m)

Fly from Kathmandu to Lukla (2886m.) which takes approximately 30 minutes and trek to Phakding (2640 m.) which takes approximately 3 Hrs . You will transfer to the domestic airport for your flight to Lukla with a guide early in the morning. It is a small town with an airport. There are few tea shops, lodges, hotels and general stores. You begin today's trek from Lukla following a gentle climb up the mountainside on the left bank of the Dudh Koshi. Nupla (5885m) can be seen in the distance on the opposite bank, and is a peak atop the Kongde Ridge. You descend a mountain side path that merges into your route to Everest, with views to a valley to your right; and at its far end, Kusum Kang (6367m.) The Dudh Kosi approaches as you pass a Mani wall and arrive at Ghat teahouse. You continue along a small path with many climbs and descents following the left bank of Dudh Koshi to Phakding.

Day 04: Trek Phakding to Namche Bazaar (3440 m.)

As you start through a level path along the right bank from the campsite, Thamserku (6623m) looms skyward on the opposite bank. You cross a stream and climb the terraced hill from the Dudh Koshi route to arrive at Bengar. It is time to climb from the riverbed on the left bank into the mountain through a forest to Chumoa. You continue along a path with many ups and downs; cross a stream and pass by the tiny village of Monjo. After descending the path of stone steps you return to the right bank over a wooden bridge. After a short climb you come to Jorsale's teahouse at the hotel. It also stops at the National Park Service where a park entrance fee is collected. After your departure from Jorsale you enter a forested mountainside. You move on following a short walk along the riverbed of this V-shaped valley where the river forks – the right is the Dudh Koshi and the left is the Bhote Koshi that leads to Nampa La. After a short distance along the Bhote Koshi, you begin the steep ascent to Namche Bazar. As the mountain path zigzags uphill, you will emerge at a ridge top rest area that offers excellent views of Everest (8848m) and Lhotse (8516m.). You pass the plateau where the Saturday bazaar is held and enter the village. Namche Bazar (3440m) is surrounded on three sides by mountain ranges and opens out only where it faces the Bhote Koshi.

Day 05: Namche acclimatization

Sagarmartha National Park Headquarters just above our Sherpa hotel offers a very interesting display of photographs, memorabilia and information on the park and the hill above is a wonderful vantage point for the spectacular view up the Imja Khola Valley towards Everest. The change from the narrow lowland valleys to the broad glacial ones is immediately obvious. The steep-sided glacial valley before us gradually winds towards the base of Everest, broken only by the moraines left by retreating glaciers. Its more gradual rate of climb is a blessing for those trekking higher. Towering to over 4000m above the valley floor with spectacular peaks seem to engulf us. Around us are Taweche (6542 m), Thamserku (6808 m), Kantega (6685 m), Ama Dablam (6856 m), Nuptse (7896 m) and Lhotse (8511 m). The greatest of all, Mt Everest (8848 m), rises at the head of the valley. The Sherpa Cultural Centre has an interesting collection of mountaineering items and photographs. Those who are fit and acclimatising well may wish to take the optional walk to the Everest View Hotel (4-5hrs) where spectacular views of Everest and Ama Dablam can be seen. For those feeling well acclimatised there is also the option of a day walk to the pretty village of Khumjung.

Day 06: Trek To Portse Tenga (3600m). Walk approx 6 hours

Heading North-East we initially follow the main trail to Thyangboche as it contours around the hills, before we branch off on a short climb on the flanks of the sacred peak of Khumbliya (5761 m). We traverse for some time across yak pastures as the trail gradually ascends to Mon La. Below us is the confluence of the Dudh Kosi and Imja Khola and across the valley Thyangboche monastery is framed by Ama Dablam and Kantega. We reach a stupa draped with prayer flags atop a ridge at 3992 metres and then descend steeply through forest to the Dudh Kosi. After afternoon tea an optional walk up the ridge beyond camp will bring us to the village of Portse.

Day 07: Trek To Dole (4000m). Walk approx 3 hours

Today we head north, still following the Dudh Kosi towards its source, the magnificent Ngozumpa Glacier. An initial short climb gets us onto the trail for the steady climb towards Gokyo. Since leaving the main trail we have seen progressively fewer trekkers and locals and the relative isolation of the trail is a pleasure. Sections of red birch, fir and dwarf rhododendron forest are interspersed with areas of yak pasture as we gradually gain altitude. We pass pleasant waterfalls and sit to gaze at the glaciers that flow from Taweche and Cholatse on the opposite side of the valley. Behind us, spectacular ridges lead to the peak of Khumbliya and the numerous unnamed peaks that reach almost 6,000 m, ahead we can catch our first views of Cho Oyu in Tibet.

Day 08: Trek To Machhermo (4410m). Walk approx 3 hours

Continuing a steady but constant climb, we reach the "village" of Machhermo for lunch. Like the few small villages in this valley, Machhermo has only a few buildings and these are empty much of the year. Villagers in Khumjung and Khunde generally own land here high up the valley, where they graze yaks in the summer months. This is a valuable acclimatisation day as we prepare for our ascent of Gokyo Ri (5483m). We take things easy but this

afternoon you may wish to stretch your legs and take a walk up the ridge behind Luza for a view of the Gokyo Valley.

Day 09: Trek To Gokyo (4759m). Walk approx 5-6 hours

Following the valley high above the river, we commence the ascent to Gokyo village. There are excellent views of Cholatse at the village of Pangka and we stop to enjoy them. We are now in high alpine country and as we approach the Ngozumpa Glacier we trek onto the moraine and rock that extends down from it. We enjoy excellent views of Kantega to the south and Cho Oyu to the north. Each mountain has its individual character and presence and you can understand why the Nepalese give them such religious significance. Once we have ascended the snout of the glacier the path levels. We pass the first of the lakes, Longpongo before reaching the second Taoche Lake. A larger body of water and a place where ducks are often seen swimming in the freezing waters. As we walk up the valley our path parallels the Ngozumpa Glacier and separating us from the glacier is the massive lateral moraine.

Day 10: Trek Ascent of Gokyo Ri (5483m), & continue to high camp (5130m). Walk approx 4 hours

After Breakfast start Trek, the steady and unrelenting ascent of Gokyo Ri will take two to three hours, depending on your level of fitness and acclimatisation. It is not a race and times of up to six hours are cherished by those who thought they would not make it at all. If you find the climb hard work don't hesitate to ask one of the guides to carry your day pack. You will be elated when you reach the summit with its spectacular view. Probably the most comprehensive view of 8,000 metre peaks in Nepal. Many people consider it to be Nepal's best. Surrounding us are Cho Oyu (8153 m), (a mountain that defeated a British Expedition of climbers, including Hillary, in their lead-up to their successful assault of Everest), Gyangchung Kang (7922m), Lhotse (8501m), Makalu (8475 m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamserku (6808m), Lobuche (6145m) and Mt Everest (8848m). Hundreds of other unnamed peaks fill the scene, whilst below us the Ngozumpa Glacier, the largest in Nepal & stretches through the valley. The striking colour of the lakes below completes the picture. The only way to get a better view of the entire Everest region would be to climb a 7,000 metre peak. Although further from Everest than Kala Pattar, the traditional viewing point, here we see more of the mountain and enjoy a more relaxed environment. From Gokyo Ri we skirt around to high camp for our crossing of the Renjo La the following day.

Day 11: Cross Renjo La (5400m). walk approx. 5 hours

Today crossing the Renjo La Pass will be exciting and challenging. From high camp we have a 2 hour ascent through boulders and a zig zagging incline to the top of the high pass at approx. 5360m. We descend steeply at first, into a remote northern valley where the landscape is progressively that of the Tibetan Valleys beyond the border. There is a chance we will meet Tibetan traders descending from the Nangpa La pass. This is an ancient trading route that leads through the Himalayas from Tibet. Traders still use this route today with their caravans of woolly yaks laden with goods.

Day 12: Trek To Thame village. Walk approx 5-6 hours.

We will turn south and down the valley towards Lukla for our return to Kathmandu. But there are Sherpa villages to be explored as we descend the gorge. We will spend the night at the village of Thame with its spectacular monastery.

Day 13: Trek To Namche (3780m). Walk approx 6 hours.

We return to civilization and no doubt there will be earnest celebration of a challenging but satisfying expedition which has been enjoyed by very few people.

Day 14: Trek To Lukla (2800m). Walk approx 7-8 hrs

The trail takes us down the Dudh Kosi valley to Lukla airstrip for the flight back to Kathmandu. This is a time to reflect on the past days and an unforgettable journey we have undertaken into the high Himalaya. We savour our final mountain sunsets of the trek as we complete this exhilarating journey. Our last evening of the trek and if we are lucky, we will be treated to one of the superb cakes that our Nepali chefs are renowned for.

Day 15: Fly to To Kathmandu by air (1330m).

After breakfast early in the morning we fly to Kathmandu, a thrilling flight over forests, fields and villages with the Himalaya in the background. On arrival, we transfer to the hotel. The rest of the day is at leisure.

Day 16: Warm Departure

Transfer to Airport for your onward destination.