



## Gokyo Renjo La Pass (5360m)

### Details

Gokyo lake is a system of 19 high-altitude freshwater glacial lakes situated at an altitude from 4,700 meters to 5,000 meters. The largest of these is Lake Thonak with its pristine turquoise waters. In this program from Discovery Mountain Trek, you will explore the Gokyo ri, Renji-la pass and see some of these primordial lakes. The lakes of Gokyo are in the vicinity of Gokyo Valley in the Solukhumbu district. The region of Khumbu is where you'll be traveling for these pristine views, and also climb the Gokyo-Ri for a bird's eye view of some of the lakes below.

These lakes situated below the majestic snowcapped mountains of Everest region will entice you deeply. Some of the prominent lakes are Gokyo, Thonak, and Tanjung among others. The blissful journey takes you in high-altitude trails of Everest – right through the busy trekking routes. Some peaks visible in this program are Ama Dablam, Cho Oyu, Everest, Makalu, Lhotse, Nuptse, Pumori and 5500m between 7500m mountains in the Rollwaling Valley.

To reach Gokyo Renjo-la pass, you will traverse through gushing rivers, beautiful alpine forests, and smaller lakes along with views of majestic peaks of the Himalayas. If you happen to be here in the right season, you will see blooming rhododendron forests at lower altitudes. As you give a side to yaks and mules on the narrow trails, you cannot be more right about the experience. En route, you will pass the villages of Khumjung, Namche, and Kunde, and see a vibrant mountain culture that rightly belongs to Everest. The villages mostly belong to the Sherpa community. In stopovers do not be surprised if you are offered "Everest" Tea made of yak milk sprinkled with salt and yak butter.

The best time for a Gokyo Renjo-la pass trek is the autumn and the second best time is in the spring. (September to November) or spring (March to May). You will need a good level of physical fitness along with a regular walking habit to visit Gokyo. A prior of experience of trekking in Nepal is not required, but it is definitely a plus. Visit Gokyo for a definitive experience of trekking in Everest region of Nepal.

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Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	5360m
Duration:	:	15 Days
Walking Days:	:	11 Days
Activity:	:	Trek
Best Period:	:	MAR   APR   MAY   SEP   OCT   NOV

#### **DAY 1 : ARRIVAL IN KATHMANDU TRANSFER TO HOTEL (1365M)**

After your arrival at Kathmandu International Airport, we will pick you up and transfer you to the hotel. You can spend the evening around Thamel.

#### **DAY 2 : FLY TO LUKLA AND TREK TO PHAKDING (2610M) 35M FLIGHT 3/4H TREK**

After breakfast, get on a pre-booked 30-minute flight from Kathmandu. This scenic flight will take you to Lukla, where your trekking guides will receive you at the airport. An easy trek of around three hours will bring you to the village of Phakding at the banks of Dudh-Koshi river, where you will stop for the night.

#### **DAY 3 : TREK FROM PHAKDING TO NAMCHE (3440M) 5/6H TREK**

Begin an early trek along Dudh-Koshi, criss-crossing it several times. Today the destination is Namche Bazaar, the fabled village in the heart of the mountains. The trail is initially lined by views of Mt. Thamserku, and on a really clear day, even Mt. Everest is visible in the distance. As you reach closer to Namche, you will find the trail winding up with approaching views of Everest-Nuptse Wall, Mt. Lhotse and several other peaks. Once at Namche, relax in a hot bath, surf the Internet, enjoy a cup of cappuccino and then call it day.

#### **DAY 4 : ACCLIMATIZE AT NAMCHE**

Take a day off at Namche and enjoy the quiet lifestyle in stark contrast to your regular routine. In the morning, have a hearty breakfast with views of magnificent peaks. Later in the day, take short hikes in and around the town – and savour the beauty that is Namche. This is an important day of rest as it will help you acclimatize at the altitude and help you warm up the muscles for an exciting expedition ahead.

#### **DAY 5 : TREK FROM NAMCHE TO PHORTSE THANGA (3640M) 5/6H TREK**

After yesterday's acclimatization at Namche, the trek today seems spectacular when you start off after breakfast. Trek along the main route with great views of Ama Dablam, Nuptse and Lhotse several other high peaks in the world. It's not a hard climb though at times you might feel like taking a short break here and there and take some pictures at the same time. Along the route we will have tea break and lunch, cross Mohang and arrive at the busy place of Phortse Tenga where we will stay overnight in a lodge.

#### **DAY 6 : TREK FROM PHORTSE THANGA TO MACHHERMO (4455M) 5/6H TREK**

It's a short trekking distance today with around four hours of walking. First we will take a steep trail, ascending which we will arrive at a level ground. Take a brief stop here and enjoy the environment and the blue skies. From here trek to Dole, hike to Lhabarma and on to Luza – all with a couple of breaks in between the lunch and tea. As we come near Machhermo, we will have some fantastic views of the mountains and the surrounding valley. Arriving at Machhermo and according to the preference, we can set up camp, or else we can sleep at a lodge tonight.

#### **DAY 7 : TREK FROM MACHHERMO TO GOKYO (4795M) 4/5H TREK**

After breakfast with superb views at the laps of the giant mountains, we will head towards Gokyo today. The average walking duration is under five hours in a fairly difficult terrain. First climb a ridge and arrive at a valley. From there, arrive at a river bank and trek close to Ngozumpa Glacier. At this point, you have arrived inside the area called Gokyo. Gokyo region consists a system of several lakes in the Khumbu Region with their turquoise and emerald waters. It might even seem like the bounty of nature had been tucked away at this very place, and that you have finally found it after all these years.

#### **DAY 8 : TREK FROM GOKYO TO GOKYO RI AND FIFTH LAKE.**

As we prepare for an exciting day at Gokyo, we will first hike up to Gokyo-Ri in the morning. It's just above two hours, so get up early for the wonderful views. The two hour climb is steep and might seem like it was totally wasted; until you arrive at the peak – and suddenly everything changes. You will wonder in awe and ask yourself – could it be this beautiful? The views of the

world's highest peak seem lined up just for you. Take photographs as much as you like – your battery might drain but your happiness won't. Guaranteed. Mt. Cho Oyu, Everest, Lhotse, Makalu, and a lot of other peaks from one single point will seem almost surreal. And don't forget to look down upon the emerald lakes of Gokyo. Period. Later, trek to the Fifth Lake and then down to Gokyo and call it a day.

#### **DAY 9 : TREK FROM GOKYO TO RENJO PASS (5360M) TO LUNGDEN (4350M) 7/8H TREK**

We go gradually uphill over the lush grassy area. The slope progressively becomes steeper and we head for the top. The trek is quite complex as it is very steep. From the Renjo-la pass, you can admire mine blowing panoramic views of Rolwaling, Tengi Ragi Tau Mountains and small Rermo Pokhari Lake to the west and Everest, Lhotse, Makalu, Gyachung Kang and Gokyo lakes to the east. Through DudhPokhari lakes, we trek downhill through the beautiful meadow towards the Bhote Koshi Valley to continue beside the river. Luckily, we will come across yak caravans coming from Tibet heading towards Lungdeng. We will spend the night at Lungdeng.

#### **DAY 10 : TREK FROM LUNGDEN TO THAME (3830M) 5/6H TREK**

Today you trek down to Thame. Which situated at 3800m, you also visit the historic Thame monastery and experience spiritual Buddhist practices. you can explore witness the lovely culture of Sherpa people at Thame and spend the night here and enjoy the much needed rest for our downhill trek to Namche flowing day.

#### **DAY 11 : TREK FROM THAME TO NAMCHE (3440M) 4/5H TREK**

You start your trek down the Thamo where you can visit the buddhist nun monastrie, and then leaving the mountains in the backdrop. you walk up and down to the Namche bazaar, you will stay the night at a lodge in Namche.

#### **DAY 12 : TREK FROM NAMCHE TO LUKLA (2840M) 7/8H TREK**

As you come towards the end of the program, you will enjoy the scenic trek back to Lukla. A night in Lukla can become more memorable if you spend it with your fellow guides and crew with whom you shared the journey. Stay overnight in a lodge in Lukla.

#### **DAY 13 : FLY FROM LUKLA TO KATHMANDU 35M FLIGHT**

Go to Tenzing-Hillary Airport in Lukla in the morning, and catch a flight back to Kathmandu. The scenic flight is around 40 minutes, a whisk that will bring you back to bustling Kathmandu. Once you are in the capital, have a free day enjoying shopping, hot-water bathing, relaxing in a sauna, or simply seeing around town. Stay overnight in a hotel.



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#### **DAY 14 : KATHMANDU SIGHTSEEING**

After breakfast, we will take you on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. In the evening, you are invited to join us for a farewell dinner.

#### **DAY 15 : DEPARTURE ON YOUR DESTINATION**

According to your schedule, we will take you to the airport for your flight ahead.

### **INCLUDED IN THE COST**

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- All necessary paperwork and trekking permits: National park, Khumbu pasang lhamu and TIMS
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- 3 -star hotel accommodation in Kathmandu with bed and breakfast
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Domestic flight from Kathmandu-Lukla-Kathmandu
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All Government and local taxes

### **NOT INCLUDED IN THE COST**

- Nepalese visa fee
- Excess bagages charge
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

### **ACCOMMODATIONS**

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

## MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

## PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

## BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

## GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

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## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

## SLEEPING

- 1 sleeping bag: -10° or -15° (\*)
- Fleece sleeping bag liner (optional)

## FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Thick walking socks
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers

- A pair of high rise walking boots
- long-sleeved thermal tops and full-length long johns
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

#### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

#### **PRACTICAL ITEMS**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- 1 compass or GPS (optional)
- Female hygiene products
- Wet wipes (baby wipes)
- Anti-bacterial hand wash
- Tissue /toilet roll

#### **MEDICAL**

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

#### **TERMS AND CONDITIONS**

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

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## Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

## Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

## RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

## IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.