

---

# Gokyo and Renjo-la pass

---



## Highlights

Gokyo Ri and Renjo-la pass treks offers breathtaking views of the Himalayas with the highest mountains in world clearly in view. You will see Cho Oyu (8153m), Gyangchung Kang (7922m), Lhotse (8501m), Makalu (8475m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamserku (6808m), Lobuche (6145m) of course Mt Everest (8848m) and dozens of unnamed peaks.

We begin with a stunning mountain flight from Kathmandu to Lukla, where you will walk through pine forest alongside the Dudh Kosi river, cross many swing bridges on the Everest 'highway' — all foot traffic and animals — but no cars or roads. We ascend to Namche Bazaar, a famous Sherpa village nestled amongst hanging glaciers. The

---

highlights of this trip are the days spent trekking above Namche Bazaar, where we go beyond the established trails and take in unparalleled views of some of the world's highest peaks.

## Come and visit Nepal with an experienced team

You will be experiencing the Himalayas with me as your guide. I am a mountain-born Sherpa, trained as a high-altitude guide, and I have been running treks in the Himalaya for 22 years. I have walked the whole length of the Himalaya, 1700 kilometres.

We will focus on taking in the mountains and the culture and community of the mountain people.

Your trip includes accommodation, most meals, experienced guides, and your bags carried by porters.

Everything is taken care of so you can relax and enjoy.

## Itinerary – 17 Days

Day 1 Arriving Kathmandu

Day 2 City day tour in Kathmandu (or drive to Ramechhap if flight conditions dictate) (approx 5 hours)

Day 3 Fly to Lukla (2800m). Trek to Thado-koshi (2540m). Walk approx 2 hours

Day 4 To Jorsale (2850m). Walk approx 4-5 hours

Day 5 To Namche (3440m). Walk approx 4-5 hours

Day 6 To Khumjung (3610m) Walk approx 3-4 hours

Day 7 To Phortse Tenga (3620m). Walk approx 6 hours

Day 8 To Dole (4100m). Walk approx 3 hours

Day 9 To Machhermo (4410m). Walk approx 3-4 hours

Day 10 To Gokyo (4759m). Walk approx 5-6 hours

---

Day 11 Ascent of Gokyo Ri (5456m) or walk to Ngozumba Tsho. Walk approx 6-7 hours

Day 12 Cross Renjo La (5400m) to Lungden. Walk approx. 7-8 hours

Day 13 To Thame village. Walk approx 5 hours

Day 14 To Monjo (2850m). Walk approx 5-6 hours.

Day 15 To Lukla (2800m). Walk approx 5-6 hrs

Day 16 Fly to Kathmandu (or return via Ramechap if flights conditions dictate)

Day 17 Trip concludes Kathmandu.

## Detailed itinerary

### **Day 1 Arrive in Kathmandu (1330m)**

You will arrive in Kathmandu. I will pick you up at the airport and take you to the hotel. You will have time to refresh and look around Kathmandu a little. In the afternoon, around 5 pm, we will talk about the trip.

Make your own dinner arrangements at the many local restaurants. Meals: not provided

### **Day 2 Kathmandu city tour**

After breakfast, there will be a sightseeing tour around Kathmandu. The tour may include (depending on your choice) heritage-listed Pashupatinath and Boudhanath, or Swayambunath. The afternoon is at your leisure; you can explore Durbar Square, Patan, or go shopping in Thamel. The area has an amazing range of fascinating highlights, whatever your interest. Bookshops, extensive markets, plus novelty and handicraft shops contrast. Kathmandu has more UNESCO world heritage sites than any other city in the world.

Meals: hotel breakfast included, lunch and dinner not provided.

### **Day 3 Fly to Lukla (2800m). Trek to Thado-koshi (2540m). Walk approx 2 hours**

We go to the airport early for a flight to Lukla. This is a memorable flight with spectacular views of the eastern Himalayas. Sir Edmund Hillary and his friends donated the Lukla airstrip to service the Everest region following his

---

1953 climb to the top of Mount Everest. From Lukla, we start trekking through villages and farms surrounded by mountains. We then follow the Dudh Kosi river to reach our tea house and village at a lower altitude of 2540 metres.

Meals: breakfast, lunch, and dinner included.

#### **Day 4 To Jorsale (2850m). Walk approx 4-5 hours**

Spectacular mountain peaks rise above the deep river valley. We cross the Kusum Khola, a tributary of the Dudh Kosi, and the peak of Kusum Kangru (6369 m) can be seen to the east at the head of the valley. Further along the trail, across the valley to the northwest, Nupla (5885 m) and Kongde Ri (6093 m) rise above the forested ridges. Thamserku (6808 m) rises majestically in a turn of the trail. We will see our first Mani walls today. These stone structures are composed of many stone tablets, each inscribed with the Buddhist mantra 'Om Mani Padme Hum'. It is essential to acclimate slowly and fully appreciate our time at a higher altitude. Today's walk is short; you will be eager to press on. Slow down, and enjoy every step of the way.

Meals: breakfast, lunch, and dinner included.

#### **Day 5 To Namche (3440m). Walk approx 4-5 hours**

This morning, we pass through the gates of the Sagarmatha National Park. We follow the river course to the meeting of the Dudh Kosi and the Bhote Kosi and cross to a huge high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa centre of Nepal. This is a tough climb as the trail ascends through pine forests until you get your first view of Mount Everest. The trail continues to climb to Namche, a horseshoe-shaped hanging village surrounded by mountains and hanging glaciers. After lunch, you can wander through the village and shops for a bargain.

Meals: breakfast, lunch, and dinner included.

#### **Day 6 To Khumjung (3610m) Walk approx 3-4 hours**

We start with an acclimatisation walk to Everest View Hotel (4-5hrs). There are spectacular views of Everest and Ama Dablam (you may purchase morning tea on their balcony). Then we walk to the large Sherpa village of Khumjung for our overnight stay. You can visit the Hillary school and see their statues of Hillary.

Meals: breakfast, lunch, and dinner included.

#### **Day 7 To Phortse Tenga (3620m). Walk approx 6 hours**

---

We follow the main trail to Thyangboche around the hills, before we branch off through 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.

Meals: breakfast, lunch, and dinner included.

### **Day 8 To Dole (4100m). Walk approx 3 hours**

This morning we continue following the Dudh Kosi towards its source, the magnificent Ngozumpa Glacier. An initial short climb gets us onto the trail for the climb towards Gokyo. The trails are now quieter than the main Everest trail. Sections of red birch, fir and dwarf rhododendron forest are interspersed with areas of yak pasture as we gradually gain altitude. We pass waterfalls and can see 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 metres, ahead we see our first views of Cho Oyu in Tibet.

Meals: breakfast, lunch, and dinner included.

### **Day 9 To Machhermo (4410m). Walk approx 3-4 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. Overnight: private eco-campsite or eco-lodge

Meals: breakfast, lunch, and dinner included.

### **Day 10 To Gokyo (4759m). Walk approx 5-6 hours**

Following the valley we commence the ascent to Gokyo village. There are excellent views and mountains surround us. 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. We pass the Gokyo lakes, which are large bodies of water and we often see golden ducks swimming in the freezing waters. We walk up the valley alongside Ngozumpa Glacier and its massive lateral moraine.

Meals: breakfast, lunch, and dinner included.

---

## **Day 11 Ascent of Gokyo Ri (5456m) or walk to Ngozumba Tsho. Walk approx 6-7 hours**

We begin early to ascend Gokyo Ri (5483m). Gokyo Ri is the classic postcard view of snow-capped mountains and vibrant turquoise waters of Gokyo Lakes. You will be surrounded by peaks of Cho Oyu (8153m), Gyangchung Kang (7922m), Lghotse (8501m), Makalu (8475m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamserku (6808m), Lobuche (6145m) and Mt Everest (8848m). We are positioned to see a 360 degree view of the mountains.

Meals: breakfast, lunch, and dinner included.

## **Day 12 Cross Renjo La (5400m) to Lungden. Walk approx. 7-8 hours**

Crossing the Renjo La Pass will be exciting and challenging. We navigate through boulders with a zig zag 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 like Tibetan Valleys beyond the border.

Meals: breakfast, lunch, and dinner included.

## **Day 13 To Thame village. Walk approx 5 hours**

We turn south and down 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.

Meals: breakfast, lunch, and dinner included.

## **Day 14 To Monjo (2850m). Walk approx 5-6 hours.**

We descend to Namche for lunch and there will be an opportunity to explore the markets further and pick up some last minute souvenirs before we walk down to Monjo in the valley floor.

Meals: breakfast, lunch, and dinner included.

## **Day 15 To Lukla (2800m). Walk approx 5-6 hrs**

The trail takes us down the Dudh Kosi valley to Lukla airstrip for the flight back to Kathmandu (or Ramechap it depends on flight restrictions). Our last evening of the trek is a perfect time to celebrate a successful journey and say thanks to the team, especially the porters who will return to their villages from here.

Meals: breakfast, lunch, and dinner included.

---

**Day 16 Fly to Kathmandu (or return via Ramechhap if flights conditions dictate)**

**Day 17 Trip concludes Kathmandu.**

---

# Key Information

## What is included

- Excellent service. We are renowned for providing better service than you will get with many companies.
- Sherpa guide leader carries a first aid kit for trekking needs.
- Salary for porters
- All breakfasts, lunches and dinners while on the trek (regular main meal from teahouse menu, plus either tea, coffee or cordial with the meal).
- Afternoon tea on trekking days.
- Boiled drinking water
- Washing water on trekking days.
- Airport transfers from Kathmandu.
- Local flights, and 20 kg luggage allowance on Kathmandu/Pokhara flights  
Local transfers to and from Pokhara to trek
- Accommodation on trek in teahouses
- Park entrance fees and trekking permits

## What is not included

- Lunch & dinner in Kathmandu and Pokhara
- Kathmandu tourist entry tickets to heritage sites.
- Personal drinks or foods, e.g. bottled water, aerated & alcoholic drinks etc
- Items of a personal nature, such as laundry, etc.
- Tips for staff (porters and guides)
- International flights
- Visa for Nepal
- Travel insurance or medical costs in an emergency

## Trip cost and how to book

I guarantee a competitive price.

Please email me and I will give you a quote and arrange the booking.  
[cmingma@gmail.com](mailto:cmingma@gmail.com)

---

# Further information about trekking in Nepal

## Expert Sherpa Guide

You will be led by Mingma Sherpa, a Nepal Government Licensed Guide. He grew up in a village near Kanchenjunga and has been a High Altitude Sherpa Guide for 22 years.

Mingma is the Director of See High Peaks Trekking Tours and Travel:  
<https://seehighpeaks.com>

Mingma has been the group leader for Mindful Adventures since 2015, taking health professionals trekking in the Himalayas.

Mingma helped found a charity to support children's education in Nepal. This is an Australian Registered Charity with Tax Deductible status:  
<https://www.facebook.com/PearlLotusFund>

## Fitness and Trip Difficulty

You will trek between 4 and 6 hours each day. You will carry a day pack and porters will carry your luggage. At any stage of a moderate trek you can expect long, steep climbs and descents and a wide range of weather conditions. An example of an average day on a moderate trek could include several ascents and descents of 500 metres or more. Level ground is rare in the mountains.

## Preparation before your trek

To prepare for a trek, you should begin training approximately 3 months before your departure. As a guide, 40 minutes of cardio exercise a few times a week is enough for a moderate trek. Speed is not important; stamina, confidence and continuity are.

## Equipment

- Upon booking I will provide you with a list of equipment you need.
- Some equipment can be hired cheaply in Kathmandu if you do not want to purchase it
- Good boots that are worn in are essential.
- You will need a light daypack and an overnight pack
- We will loan you a duffel bag for the porter carry as well as a heavy down jacket for cold nights

---

## A typical day

You will be woken with a cup of tea brought to your room, usually between 6 and 7am. Breakfast will follow this in the teahouse. After breakfast we commence trekking. The idea is to enjoy the trail, not hurry to the next destination, so we will relax and enjoy the scenery, mountains, jungle, wildlife and wildflowers.

We will stop for lunch at around 12pm.

After lunch the walk is usually shorter, and we reach camp around 4pm.

Once we have reached camp you can settle into your teahouse room, have a rest, get washing water, and have afternoon tea. You can take care of personal needs, laundry, reading, your diary notes etc. Or you can take in the local village, take short walks, and enjoy the mountain culture, people, and scenery.

Dinner is ordered from the teahouse menu usually around 6 pm to 7 pm.

Trekking evenings are spent in the teahouse, and can be great memories of your trek, talking, playing cards, chatting with local people and other trekkers.

## Accommodation on the trek

Teahouse accommodation includes a basic mountain-style room, warm blankets and a pillow.

We will provide you with a clean warm sleeping bag rated to minus 30c.

## Climate

Spring trekking in Nepal goes from January to the end of May (there is typically no trekking during the monsoon). Autumn trekking goes from August to November.

### Trekking in Autumn

Morning at this time usually has very clear skies, it can become cloudy in the afternoon. Mountain views are seen most mornings, with clear blue skies and snow-covered mountains. Autumn flowers can be seen, and deciduous trees can be very beautiful as their colours change. The temperature in the morning as we start walking can be quite cold, sometimes below zero. During the day the temperature can rise as high as 20 degrees Celsius, and you will be quite warm. The sun can be quite hot (hats and sunscreen is needed). In the evenings and nighttime, it can be very cold, often below zero at higher altitudes. In autumn, snow can fall at anytime, but it rarely rains.

---

This is the high season for trekking and the trails can be busy in popular areas like Everest.

## Trekking in Spring

Morning skies are clear, and it will become cloudy every afternoon because the monsoon is starting to build. The clouds against the mountains create stunning beauty. In spring, you will see trees in bud, bright green leaves, rhododendron flowers, magnolias, peach blossoms, and many spring flowers. The Himalaya is home to many of the world's best-known flowering plants and spring is the time to see them. You will also see many birds.

The temperature in the morning is pleasant, usually above zero. During the day, the temperature can rise as high as 25 degrees Celsius and you can walk in shorts and t-shirts. The sun can be quite hot; hats and sunscreen are needed. In the evenings and at night, it can be very cold, and you will still need a jacket and many layers. In spring, it can rain, with occasional snow. This is the expedition and climbing season.

## Mountain flights

Flights to Pokhara are fairly dependable, however, at times mountain flights can be delayed due to weather.

A 6-hour jeep from Pokhara to Kathmandu can be arranged in extreme conditions (at additional costs).

## Acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water.

During the acclimatisation process, you may experience some of the following symptoms.

- headache
- tiredness
- disturbed sleep
- loss of appetite/nausea
- shortness of breath
- cough
- palpitations
- swelling of the hands and face

---

These symptoms may not indicate the onset of AMS, and if you experience them, it does not necessarily mean that you should not continue. I am a wilderness first aid trained and will help you monitor your symptoms.

The only cure for acute mountain sickness is to descend.

## Porter care

Porters are the backbone of Nepal, so we aim to treat them well. All porters are provided with meals, accommodation and insurance.

## Unexpected Changes

Adventure travel in remote areas can be unpredictable. This itinerary is subject to change due to weather or climate, changes in community regulations, governmental changes, and natural circumstances beyond our control.