



## Gokyo Lake Gokyo Ri-Renjo-La pass Trek



### Introduction

Gokyo Valley along with Gokyo-Ri and Thame Valley via Renjo-la pass lets you view the pleasing snowy mountains, Himalayan mountainous landscapes, Terraces, Valleys, Lakes, matchless culture and tradition of the Everest, Khumbu region. A home to the mighty Mahalangur Himalayan range which encompasses 4 tallest mountains of the world, differentiated by different valleys. The Gokyo Valley Trek one of the best trekking destinations in the world, where, every year over Thirty thousand tourists visit. lies towards the western part of the Khumbu region. This trek highlights the lesser known landmarks of the Everest Region unlike the regular Everest Base Camp Trek. These landmarks are equally fascinating natural wonders in the Khumbu region. This trekking is an alternative route to Everest Base Camp trek. Everest Gokyo Lake (Surface area 196.2 hectares) (485 acres) treks offer the spectacular mountains view including world highest peak mt. Everest, typical Sherpa culture, picturesque Gokyo Valley, the tradition of Sherpa community, ancient monasteries, landscape and flora fauna. During 13 days of trekking in this beautiful area we will have a golden opportunity to generate the experience of the beautiful place of Khumbu valley, Traditional Sherpa Culture and community, as well beauty of nature, considering Gokyo valley trek. As we making an exciting ascent to Gokyo -Ri ( 5,448m) then we can catch 360\* spectacular view of Himalayas range includes Mt. Everest (8,848m), Mt. Makalu (8,481m), Mt. Lhotse (8516m), Mt. Cho-yu (8201m) and many surrounded peaks. Than trail descent continually downwards Machhermo, Namche, Manjo, Lukla and take a scenic flight back to Kathmandu. Trekking to Gokyo Valley region is considered as moderate and requires as good physical fitness level

Gokyo Renjo-La Pass Trekking offer the most enigmatic view of the world's tallest mountains, Mt. Everest 8,848m,

Lhotse 8,516m, Makalu 8,585m, Cho-Oyu 8,201m. and other outstanding mountains as AmaDablam 6,812m, Kongde 6,187m, Thame Peak, Thamserku 6,626m, and Khagtega 6,782m. Ngozomba Glacier, the largest glacier of Himalayas is one of the major attraction of Gokyo Valley, which can be seen all the way from Cho Oyu peak to Dole. The Sherpa's are the aboriginal people of the Himalayas, who have adopted to the harsh conditions of the alpiners successfully. Eco-friendly tourism concept has developed in Sagarmatha National Park, lately, which has resulted in the reduction of waste left by the trekkers in the region. A unique blend of Nepalese Buddhism and Tibetan Buddhism can be seen in the lifestyle, tradition of the highly religious Sherpas. We will be able to see monasteries, chhortes, praying flags and scribbles that have centuries soaked in them.

This 13 days Trekking begins with a scenic 30-35 minute flight to Lukla. We will hike all the way through Phakding, Namche, Dole, Gokyo, Gokyo Ri, Renjo-La Pass, Lungden, and Thame Village. The tallest points of the trip are Gokyo Ri (5,357m) and Renjo-La Pass (5,345m) from the sea level. Due to the high degree of variation in elevation, you'll be able to witness different types of lustrous vegetation. Rare species such as Musk Deer, Wild mountain goat, Lophophorus, Snow leopard, Pheasants, Mountain Hawk, Snow duck can be seen on your way up.

## Facts

- Altitude: 5448<
- Duration: 13 days
- Grade: Easy to Moderate
- Group: 2 - 15
- Country: Nepal
- Best Season: Feb-May/Sep-Dec
- Start/Ends: Kathmandu (Capital of Nepal)
- Accomodation: Twin Room (Lodge)
- Transportation: Domestic Flight, Ground Transportation by Private car or van as per group size
- Meals Includes: Breakfast/Lunch/Dinne

## Highlights

- A senic flight from Kathmandu-Lukla
- suspension bridges spanning chasms of thin air through hidden Buddhist monasteries, and into the heart of the warm, rugged Sherpa culture
- Gokyo Valley along with Gokyo Five Lake.
- Most enigmatic view of the world's mountains, Mt. Everest 8,848m, Lhotse 8,516m, Makalu 8,585m, Cho-Oyu 8,201m. and other outstanding mountains, AmaDablam 6,812m, Kongde 6,187m, Thame Peak, Thamserku 6,626m, and Khagtega 6,782m. Ngozomba Glacier, the largest glacier of Himalayas.

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Fly to Lukla ; Trek to Phakding (2,652m/8698ft) 3 hrs walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 3** : Trek to Namche Bazaar (3,440m/11283 ft) 6 hours walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 4** : Namche Acclimatization & Rest Day (3,440m/11283 ft), 3 hours of acclimatization Hike. Meal includes:Breakfast/Lunch/Dinner
- **Day 5** : Namche Bazaar trek to Dole (4,090m). 5/6 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 6** : Dole trek to Machhermo (4,410m).5/6 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 7** : Machhermo trek to Gokyo (4,750m). 5/6 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 8** : Gokyo (Hike up to Gokyo-Ri 5,483m) back to Gokyo overnight. 4-5 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 9** : Gokyo to Lungden 4,350m. Via Renjo La pass 5,345m. 6-7 hrs. Meal includes:Breakfast/Lunch/Dinner
- **Day 10** : Lungden to Thame village 3,850m. 4-5 hrs. Meal includes:Breakfast/Lunch/Dinner
- **Day 11** : Thame to Namche 3,440m. And down to Jorsale 2,810m. 5-6 hrs. Meal includes:Breakfast/Lunch/Dinner
- **Day 12** : Jorsalle - Phakding- Lukla 2,840m, 5-6 hrs. Meal includes:Breakfast/Lunch/Dinner
- **Day 13** : Lukla to Kathmandu 35 Minutes Flight and transfer to Hotel. Meal includes:Breakfast/Lunch/Dinner
- **Day 14** : Departure day from Kathmandu



**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport pickups and drops in a private vehicle as per group size.
- 3-star hotel accommodation in Kathmandu with breakfast
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- Teahouse accommodation during the Everest base camp trek
- 3 times meals (breakfast, lunch and dinner) during the trek
- All ground transportation on a comfortable private vehicle as per the itinerary
- City tour in Kathmandu around historical monuments and world's heritage sites by city guide.
- Highly experienced, English-speaking and government-licensed trek leader and assistant trek leader (5 trekkers: 1 assistant guide)
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- Porter service (2 trekkers: 1 porter)
- Staff wages, insurance, equipment, domestic airfare, food and accommodation
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes
- Welcome and farewell dinners

### Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

### Why we don't include cost in our website

**NOTE:** To provide you service in reasonable cost we attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
- 4.



Request numbers of oxygen, mask regulators and the brands the clients require

5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in \_\_\_\_\_ or login to \_\_\_\_\_ for any information about your selected package.

### Cost Excludes

### Full Board Service Excludes

- Nepalese visa fee
- Excess baggage charge(s)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, internet, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide, Porter's and supporting staff

