

## Overview

### **The adventurous and challenging trek in Everest- Khumbu region of Nepal!!**

Special trek Gokyo Valley with Renjo la pass trek is the ultimate three-week trekking experience for those who wish to visit Everest base camp with gokyo Valley. The route is longer and more challenging, as it crosses two high passes, the Renjo La (5,388m) and the Cho La (5,380m) and takes in the viewing point of Gokyo Ri (5,483m). This westerly approach to Everest provides amazing vistas of the world's highest mountain and should be considered in particular, by the keen photographer or by those who want a tougher trek. Our Everest adventure begins with a flight from Kathmandu to Lukla in the Khumbu Valley. From here, we trek to Namche Bazar, the Sherpa capital, before breaking off the main Everest trail and heading west to Thame and onwards towards the remote Nangpa Valley, close to the border with Tibet. The Renjo La pass is a tough day, but our reward is stunning views of Everest, as well as mountains to the east and Cho Oyu (the world's sixth highest mountain) to the west. It is a leisurely descent to idyllic Gokyo Lakes, where we will have a rest day, before climbing the famous view point of Gokyo Ri. Our route continues over the colossal Ngozumpa Glacier then climbs to the foot of the next high pass, the Cho La. The crossing of the Cho La involves walking up steep screen, which is frequently icy, to reach a small glacier at the top, before zig zagging down the other side. We regain the main Everest trail the following day and continue up to Kala Patar and base camp itself. From base camp, we complete our trekking circuit by returning to Lukla down the main Khumbu Valley, via the many Sherpa villages, including Tengboche, with its impressive monastery. Back in Kathmandu, we can explore the city's many famous monasteries, shop in the Thamel district, or simply relax at our hotel, which is situated away from the heat and hustle and bustle of downtown Kathmandu.

## Itinerary Details

### **Day 01 : Arrival Kathmandu (1300 M/ 4264ft)**

Our office Staff with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself.

### **Day 02 : Kathmandu: Sightseeing And Trek Preparation**

After Breakfast your day will start for sightseeing tour of 4 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Your guide will enlighten you with detailed historical and cultural information

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about the place. After this you will visit Living goddess home and Kathmandu Durbar square. Locally this, Old royal palace area is called Basantapur Area or Hanuman dhoka Durbar Square. Our next sightseeing will be at Buddha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh Himal from top of Restaurant.

### **Day 03 : Flight To Lukla And Trek To Phakding (2652m/ 8700ft)**

Estimated time: 3-4 hours estimated height gain: ~1352m/ 4463ft Early morning you will be picked up by your guide to go to the Kathmandu airport, from where we will take the airplane to Lukla, which will take us about 30 minutes of flight time. At Lukla we will be meet our porters and will head north from the airstrip to Chablung (2700m). Here we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called "trekking peaks". Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding where we will stay overnight (4 hrs).

### **Day 04 : Trek To Namche Bazaar (3440m/ 11280ft)**

Estimated time: 6-7 hours estimated height gain: ~788m/ 2580ft From Phakding we follow the valley of the Dudh Kosi river, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). Namche Bazaar is the main trading centre in this region and features numerous shops, hotels and restaurants (6 hrs).

### **Day 05 : Namche Bazaar**

Acclimatization is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascent towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchbacking trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar (5 hrs).

### **Day 06 : Trek To Tengboche (3870m/ 12694ft)**

Estimated time: 4-5 hours estimated height gain: ~430m/ 1414ft Our route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the teashops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek. We pass the small settlement of Sanasa from where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche sits at 3870m. The view from here is rightly deemed to be one of the worlds most magnificent. Kwangde (6187m), Tawachee (6542m), Everest, Nuptse, Lhotse (8501m), Ama Dablan, Kantega and Thamserku provide an inspiring panorama of Himalayan giants. We will spend the night in Tengboche village (5 hrs)

### **Day 07 : Trek To Periche(4280m/ 14070ft)**

Estimated time: 4-5 hours estimated height gain: ~410m/ 1606ft From tengboche, we walk via Pangboche, where we can visit old monastery of this Area (4/5 hrs) and then it is just easy trek to Pheriche

### **Day 08 : Trek To Lobuche (4940m/ 16207ft)**

Estimated time: 4-5 hours estimated height gain: ~660m/ 1907ft We will trek via Thukla and trek to Lobuche. We will make acclimatization, for this purpose, we will do some high walks in day time.

### **Day 09 : Lobuche- Gorakshep-Everest Base Camp- Gorakshep (5364m/ 17594ft)**

Estimated time: 6-7 hours estimated height gain: ~424m/ 1387ft For Lobuche, we will trek up to Gorak shep (this is last lodges available point). Our sherpa crews will make Camp at Gorakshep. We will trek to Everest base camp and return to Gorakshep. Because of High altitude, this is about 7-9 hours hike and return from Lobuche to EBC and Return to Gorakshep.

### **Day 10 : Gorakshep- Kalapattar-Dzongla (4280m/ 14070ft)**

Estimated time: 6-7 hours estimated height gain: ~1084m/ 3524ft This is also a hard day. Early morning trek to Kalapattar (Black Rock) for Amazing views of Pumori, Everest, Nuptse and other peaks. We will back to Gorakshep again, this is about 5-6 hours for Round Trip trek from Gorak shep and then we trek to Dzongla. Dzongla is point from where you have to pass famous Chola pass and trek to Gokyo.

### **Day 11 : Dzongal – Cho La Pass -Thangnak-(5420m7782ft)**

Estimated time: 8-9 hours estimated height gain: ~1140m/ 3712ft Early morning trek over Cho la pass (5420m) to Dragnak. It is about 7-8 hours quite hard trek if there is snow at top of Chola pass.

**Day 12 : Thangnak - Gokyo (4800m/ 15744ft)**

Estimated time: 3-4 hours estimated height gain: ~620m/ 2038ft It is easy trek to Gokyo from Dragnak. Just 3 hour trek to Gokyo and free day for self exploration in Gokyo ri.

**Day 13 : Gokyo Valley- Climb Gokyo Ri (5357m/ 17570ft)**

Estimated time: 6 hours estimated height gain: ~575m/ 1826ft After breakfast, hike to Gokyo peak. It is 2 hours hike and return 2 hours. You can see the best views of four 8000m above peaks.

**Day 14 : Gokyo - Renjo La Pass - Arye**

Most of pass trek are not easy. The trails ascend straight to Renjo la and trek to Arye. This route is not popular. Only the adventurous trekkers do this trek and need fully camping trek, no lodges are possible, only very normal yak pastures during trek.

**Day 15 : Arye- Glacier**

This is easy trek after long passes and other high treks.

**Day 16 : Glacier- Thame**

Thame is a nice Sherpa village in Khumbu region with Sherpa Monastery. This is also route for climbing Kwongde peak and other peaks.

**Day 17 : Thame- Manju (2840m/ 9315ft)**

This is easy day and short day. All the way descend via Namche bazaar. You can spend time and take lunch at Namche and slow trek down to Manju (4/5 hrs).

**Day 18 : Manju- Lukla**

Trek back to lukla Airport and Overnight stay (5 hrs)

**Day 19 : Lukla- Kathmandu**

After breakfast, fly to Kathmandu (this is scenic flight of 35 min). Drive to Hotel and easy day at Kathmandu city for rest day or shopping.

### **Day 20 : Kathmandu**

This is actually an extra night stay at Kathmandu in case flight delayed to Lukla-Kathmandu due to bad mountain weather or any other problems. This extra night in Kathmandu will always be safe from any delays or problems. If you have very limited time, you can still customize trek program. Evening Farewell Nepalese Traditional Cultural dinner.

### **Day 21 : Departure**

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime.