

## **Gokyo Lakes – Renjo Pass – Cho Pass**

### **Kongma La 3 Passes of Solu Khumbu**



The trek to Everest Region continues to be one of our most rewarding programs and will prove to be your greatest journey. This unique blend of outdoor adventure and cultural exploration is a great way for you to experience the Himalayan region of Nepal.

On this once in a lifetime trip, your first day begins with the chance to explore the exotic city of Kathmandu before flying into the mountain town of Lukla (2830m). The trek begins here in Lukla as we enter the famous Everest region of the Nepal Himalayas. The trek follows trails from here that are ancient trade routes that weave around remote valleys, through tiny villages, across high mountain passes and past isolated monasteries. As the trail continues it now hugs the Dudh koshi River and eventually takes you to the famous Sherpa town of Namche Bazaar as you enter Sagarmatha National Park, where you will be trekking throughout. From Namche, the views are unending as the peaks glitter with brilliance around you. Namche Bazaar, also known as the Gateway to Everest, opens up various trekking options in the Everest region.

The Everest region is one of the most popular treks in Nepal, which takes you to the ancient Tengboche Monastery (3900m), with spectacular views of Ama Dablam (6856m), Everest (8848m), and Lhotse (8414m). Everest Base Camp takes you to the foot of the world's highest peak, Everest (8848m), from where you can relish the widespread view of the Khumbu Himalayas. One of the special features of a typical Everest Base Camp Trek is the hike to Kala Patthar (5550m), which allows you to have the most spectacular view of the mighty Everest (8848m) and the adjacent peaks while the beautiful rays of the rising sun touch the peaks.

We combine the Classic Everest Base camp trek with the pristine Gokyo Lakes trek.

Trekking through a less crowded trail and crossing your 1<sup>st</sup> pass Renjo to Gokyo, where you arrive at the highest freshwater system of the world at Gokyo Lakes. Gokyo Lakes is a group of six lakes seated graciously in the lap of the Himalayas. The lakes themselves are amazing to look at, but when the reflection of the surrounding mountains appears on the

surface of the lakes, the view is surreal to look at. An overnight stay at the Gokyo village will allow you to get to know the Sherpa people of Gokyo valley and their cultural practices as well as their lifestyle in the rural terrain.

From Gokyo you will cross the [Ngozumpa glacier](#) to the village of Thangnak where you will spend the night before crossing the grueling Cho La (5420m), towards Everest Base Camp stopping at 2 villages along the way allowing a breath-taking view of the Khumbu Himalayas. After hiking over the Kogma La Pass to Chukhung you will continue descend to the village of Dingboche then head to Chukhung before descending to Namche Bazaar and retracing your steps to Lukla. You will also visit several other prominent places of the Everest region making it an amazing way to explore the foothills of the Himalayas.

Apart from the mountain views, trekking in Everest region takes you through alpine forests, small streams, waterfalls, gorges, moraines, and glaciers. Along the way, you cross many Sherpa villages with friendly and welcoming locals that allow you to bond with them and learn about their history, culture, tradition, and lifestyle. As you explore the region, you pass many Chortens, Mani walls, prayer wheels, and monasteries that hold high spiritual value to the inhabitants of Khumbu. Trekking in Everest region is the perfect blend of nature and culture, ideal for curious travelers around the globe.

### **Proposed itinerary: Ex Kathmandu November 2023 Private Trip**

#### **Day 01: Arrive in Kathmandu (1,300m /4,264 ft) and Transfer to**

**Hotel Highlights and activities:** Tribhuwan International Airport, Transfer to Hotel **Transportation:** Private Vehicle, **Accommodation:** Yak and Yeti Hotel (B) **Places Included:** Kathmandu, Tribhuwan International Airport, Thamel (B)

#### **Day 02 Free Day Kathmandu to explore and purchase anything that you may require for the trek?**

#### **Day 03: Kathmandu - Lukla – Phakding or Tok Tok (2,652m/8,700ft)**

**Highlights and activities:** Lukla Airport , Mountain View from Flight , Adventure and Excitement , Suspension Bridges , Prayer Flags , Tibetan Script on Stones , Sceneries , Atmosphere , Buddhist Culture

**Duration:** 35mins Flight and 4hrs walk (9 Km) , **Meals :** Breakfast , Lunch , Dinner , **Transportation :** Vehicle to Ramechap and Flight , **Accommodation :** Lodge / Hotel **Ascend:** 148m/485ft

**Places Included :**Thamel, R a m e c h a p , Ghat, Lukla , Phakding

#### **Day 04: Phakding - Namche Bazaar (3,440m/11,280 ft)**

**Highlights and activities:** UNESCO World Heritage, Sagarmatha National Park, High Suspension Bridges, Himalayas View, Sherpa Culture

**Duration:** 7-8hrs walk (11-13 Km), **Meals:** Breakfast, Lunch, Dinner, **Accommodation:** Hotel

**Ascend:** 640m/2,100ft

**Places Included:** Phakding, Monjo , Jorsale, Namche Bazar

**Day 05: Namche Bazaar to Thame (3,820m/12,532ft)**

**Highlights and activities:** Monasteries, Beautiful Landscape, Prayer Flags, Tibetan Stone Scripts, Touch the tree-level, Gateway to Rolwaling Trek, Birthplace of legendary Mountaineer **Duration:** 5hrs walk(9-10Km), **Meals :** Breakfast , Lunch, Dinner ,

**Accommodation :** Lodge/Hotel **Ascend:** 380m/1,246ft

**Places Included:** Namche Bazar , Thomo, Thame



**Day 06: Thame Free day with exploration side trek to Sundjar Peak and Thame Monastery**

**Day07: Thame to to Langden Kharka (4,300m/14,000ft)**

**Highlights and activities:** High-altitude walk, Mountain Sceneries, View of Rolwaling Trek trail

**Duration:** 5-6hrs walk(9-10Km), **Meals:** Breakfast , Lunch, Dinner , **Accommodation :** Lodge/Hotel

**Ascend:** 480m/1,574ft

**Places Included:** Thame, Langden Kharka

**Day 08: Langden Kharka(4,300m/14,000ft) to Gokyo(4,800m/15,580 ft) via Renjo La (5,360m/17,585 ft)**

**Highlights and activities:** Massive Mountain View, Stunning View of Everest, View of 4 Mountains above 8,000m from Sea Level in the same range , Lake View, Prayer Flags , Adventure and Excitement, Blissful Nature

**Duration :** 7-8hrs walk(9-11Km) , **Meals :** Breakfast , Lunch, Dinner , **Accommodation :** Lodge/Hotel

**Descend:** 1,040m/3,412ft , **Ascend:** 550m/1,805ft

**Places Included :** Langden Kharka , Renjo La Pass, Gokyo

**Renjo-La Pass Trekking** is one of the underrated trekking routes in Nepal which offers the exploration of the remote but naturally rich areas of Khumbu region. Renjo-La Pass (5360m) is one of the three high passes of Everest region crossing which the pristine Gokyo lakes can be reached. Renjo-La Pass Trek is a strenuous trek yet fulfilling trek which rewards the trekkers with Sherpa culture and Himalayan landscape.

**Day 09: Gokyo : Acclimatization Day (Day Hike to 4th Lake and 5th Lake)**

**Day 10: Gokyo to Thangnak (4,680m/15,350 ft)**

**Highlights and activities:** Early morning hike to Gokyo Ri and back to Gokyo, Geography, Landscapes, Adventure and Excitement, View Point of Cho Oyo

**Duration:** 2-3hrs walk(5Km), **Meals:** Breakfast , Lunch, Dinner, **Accommodation :** Lodge/Hotel

**Descend:** 90m/296ft

**Places Included :** Gokyo, Ngoimba Glacier, Thangnak

**Day 11: Thangnak to Dzonglha via Cho La Pass (5,368m/17,611 ft)**

**Highlights and activities:** Beautiful Landscape , Ice-Glacier Walk , Rocky Landscape , Prayer Flags, Massive Mountain View, Nearest View Point of Chola Tse, Steep Walk Downwards **Duration:** 8-9hrs walk (13-14Km) , **Meals :** Breakfast , Lunch, Dinner ,

**Accommodation :** Hotel **Descend:** 750m/2,362ft, **Ascend:** 635m/2,084ft

**Places Included :** Thangnak, Cho La Phedi, Cho La Pass, Dzonglha

**Day 12: Dzonglha to Lobuche (4,940m/16,210ft)**

**Highlights and activities:** Mountain Scenery, Choltse Glacier Lake View, Walk through Lobuche Base Camp, High altitude desert walk

**Duration:** 3 hrs walk (5-6Km) , **Meals :** Breakfast , Lunch, Dinner , **Accommodation :** Lodge/Hotel

**Day 13: Lobuche to Everest Base Camp – Lobuche (5,364/17598ft)**

**Highlights and activities:** To achieve the goal of reaching EBC

**Duration:** 6-7 hrs walk (4.3 klms) **Meals:** Breakfast, lunch dinner, **Accommodation** :Lodge/Hotel Lobuche

**Day 14: Lobuche to Chukhung via Kongma la Pass**

**Chukhung Elevation:** 15,518 feet / 4,730 meters

**Mid Point:** Kongma La Pass

**Kongma La Pass Elevation:** 18,209 feet / 5,550 meters

**Ending Point:** Lobuche

**Lobuche Elevation:** 16,109 feet / 4,910 meters

**Distance:** 6 miles / 9.6 km



**Duration:** 7-9 hours

**Elevation Gain:** 2,691 feet / 820 meter gain | 2,100 feet / 640 meter loss

The day up and over the Kongma La Pass is the most difficult day on the entire. Three Passes trek. It is not only a major elevation gain but it is also a significant elevation loss. The terrain of the trail is also not easy to navigate. While there are some flatter and more dirt like sections, a lot of the trail is also done on more rocky and uneven terrain.

**Day 15: Chhukung to Dingboche via Chhukung Ri (4,750 m/14,300ft 18208 ft / 5550 m )- (4,350m/15,580 ft)**

**Chhukung Ri** is a rocky peak located above the village of Chhukung in the Everest (Khumbu) Region of Nepal. The trek takes about 3-4 hours of lung-busting effort and is located to the north of Chhukung.

**Highlights and activities:** Sunrise View, Glacier View, Massive mountain view, Yaks, Adventure, Glacier Walk

**Duration:** 6hrs walk (6Km) , **Meals :** Breakfast , Lunch, Dinner , **Accommodation :** Hotel

Descend: 390m/1,280ft

Places Included : Dingboche, Chhukung

**Day 16: Dingboche to Pangboche (12,992 feet / 3,960 m)**

**Duration:** 1-2 hours

**Day 17: Pangboche Day Hike to Ama Dablam BC (4420m) – Pangboche**

**Day 18: Pangboche to Namche Bazaar**

**Highlights and activities:** Mountain Sceneries, Rhododendron Forest, Pine Forest, Beautiful Landscapes, Monasteries

**Duration:** 5-6hrs walk (10Km), **Meals :** Breakfast , Lunch, Dinner , **Accommodation :** Tent Camp

**Descend:** 735m/2,411ft , **Ascend:** 400m/1,312ft

**Places Included :** Pangboche, Deboche(Deuche), Tengboche, Phunki Thanka, Namche Bazaar

**Day 19: Namche Bazaar to Lukla (2,652m/8,700ft)**

**Highlights and activities:** Rhododendron Forest , Various High Suspension Bridges , Tashi Lapcha Mountain View , Kawande Mountain View , Beautiful Landscape , Pine Forest , Last Everest View , Prayer Flags , .

**Duration:** 7-8hrs walk (16-18Km) , **Meals:** Breakfast, Lunch, Dinner , **Accommodation:** Hotel

**Descend:** 600m/1,968ft , **Ascend:** 210m/688ft

**Places Included :** Namche Bazar , Jorsale , Monjo , Phakding , Lukla ,

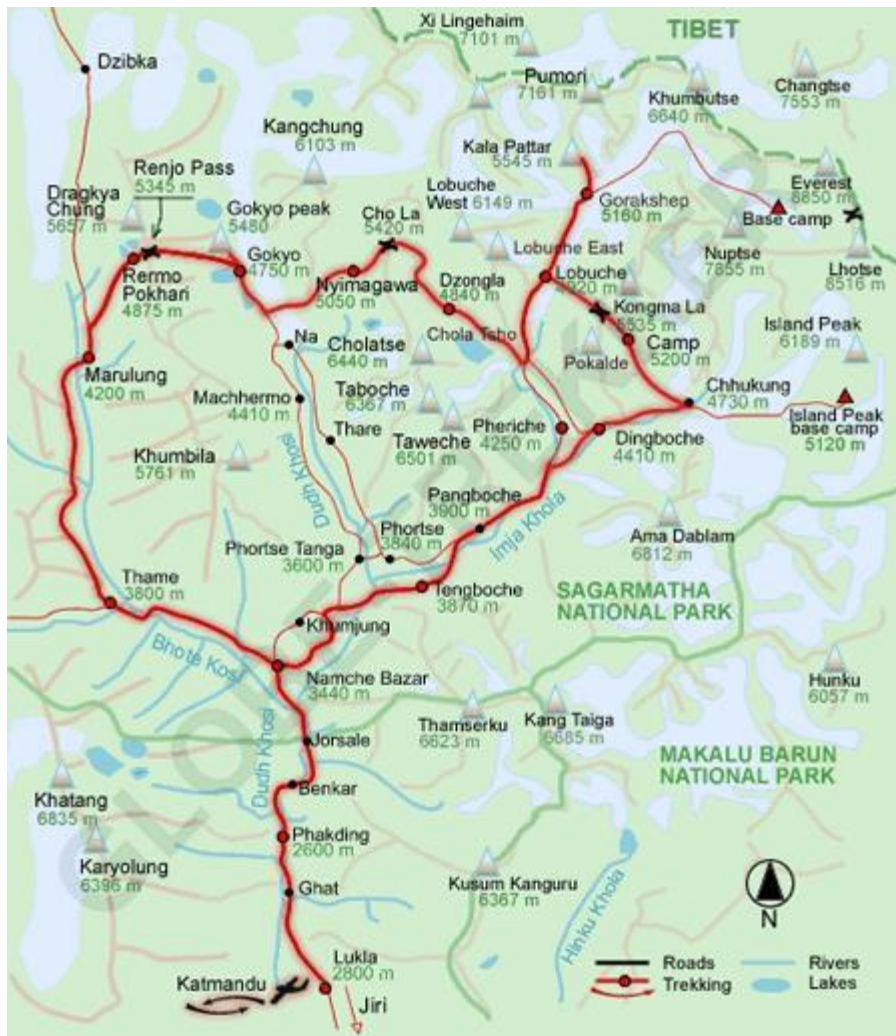
**Day 20: Spare day to use on the trek**

**Day 21: Lukla – Kathmandu**

**Highlights and activities:** Stunning View of Mountains from Flight, Geography, Landscapes, Adventure and Excitement, Kathmandu Valley View

**Duration:** 35mins flight, 30mins Drive(5Km), **Meals:** Breakfast, Lunch, Dinner,  
**Transportation:** Domestic Flight, Private Vehicles, **Accommodation:** Hotel  
**Places Included:** Lukla, Kathmandu Domestic Airport, Thamel Yak and Yetii Hotel (B)

## Day 22 Depart Kathmandu



## Cost Includes

- Airport Pick-up and drop service
- All accommodation during the trek in teahouses in the area
  - Sanitation: The accommodation we provide will be neat and clean with warm hospitality and quality services.
  - Twin share Accommodation: in Kathmandu and on trek
- All foods during the trek: Breakfast, Lunch, and Dinner
  - We provide hygienic and safe meals to re-energize you.
  - We request you not to waste your meals for it is difficult to transport food in the rural area.

- You are not allowed to share your meals with anyone else from another group.
- Transportation costs: Flight from Ramechap/Lukla/Ramechap
- Vehicle transport from Kathmandu/Ramechap/Kathmandu
- Professional and Highly experienced English-speaking Trekking Guide and Assistant Trekking Guide licensed by the Government. Including their lodging and food.
  - Local Staffs: Our guides are locals of the region which ensures that you will surely get to explore a bit more during the trek.
  - Experienced: With an experience of more than a decade of working in this field, our trekking guides possess excellent knowledge on briefing during the trek as well as they are experts in handling all kinds of critical situations that might occur during the trek.
  - Insurance: insurance policy for all our trekking staff.
- Porters (1 porter for 2 trekkers with a max load of 25 KG)
- . Including their lodging and food.
  - Local Staffs: The porters we hire belong to the same region where we trek to provide employment opportunities to the locals as well as to make you explore every prospect of the region.
- Trekking permits: TIMS card and Sagarmatha National Park fees
- Duffel Bag,
- Rescue Arrangement Service
- First aid medical box
- Trekking gears like Sleeping Bag and Down Jacket made available on rent.
- 10% service charge
- Cost Excludes
- Visa fee to enter Nepal (Visa Information)
- International flight tickets and extra baggage charges
- Food in Kathmandu
- Travel insurance/ Emergency Evacuation Cost
- All personal expenses (internet, laundry, battery charge, donation, etc.)
- All soft drinks and alcoholic beverages
- Tips for guide and porters
- ½ or full day Sightseeing Kathmandu can be arranged at an extra cost



[www.tayloradventure.com](http://www.tayloradventure.com)

Mobile: 0418917342 Email: [enquiries@tayloradventure.com](mailto:enquiries@tayloradventure.com) PO

Box 947 Mona Vale NSW 1660