Renjo Gokyo Kora Trek

Description

Renjo Gokyo Kora Trek takes you to the best routes and a much more tranquil trail. The Renjo Gokyo Kora trek is a popular trek in the Everest region of Nepal. The journey offers a once-in-a-lifetime opportunity to visit the stunning Gokyo Valley and the pristine high-altitude freshwater lakes.

The trek typically takes around 12-14 days to complete, starting and ending in the village of Lukla. The maximum altitude trekkers are above sea level is 5,360 meters(17,585 ft) the difficulty of the trek is graded as challenging. The trekkers are recommended to have some prior trekking experience. The best month for trekking in Renjo Gokyo Kora Trek is from September to November and from March to May.

It is an alternative, less crowded route to the traditional Everest Base Camp trek and offers stunning views of the Himalayas, including Mt. Everest, Lhotse, Makalu, and Cho Oyu. The trek begins in Lukla and takes you through the beautiful Gokyo Valley, where you will visit the Gokyo Lakes and have the opportunity to climb Gokyo Ri for panoramic views of the region. From Renjo, you will continue to the Gokyo village which is one of the three pass trekkers go through on the Three Pass Trek, which offers breathtaking views of the surrounding peaks, and then descend to the village of Gokyo which sits on the lap of Gokyo lake.

The trek then returns back to Namche Bazaar, and then to Lukla to end the trek. Along the way, trekkers will pass through traditional Sherpa villages and have the opportunity to experience the local culture and way of life. Similarly, trekkers come across Buddhist heritages like monasteries, hermitages, prayer wheels, mani, kanni, etc.

The walk entails trekking through mountains, green forests, hills, and an alpine landscape. As a result, a diverse topography is covered. In addition, there are several opportunities to see Himalayan wildlife, such as musk deer, jharal, barbary partridge, danphe, etc. The walk-and-talk of the Renjo Gokyo Kora Trek is "Yeti," an ape-like intelligent creature that is said to have wandered the snowy Himalayas of this region.

It is a great option for those looking for a more off-the-beaten-path, authentic, and cultural experience in the Everest region.

Highlights

- A scenic flight from Kathmandu to Lukla offers stunning views of the Himalayas and the Solu-Khumbu region.
- The quiet environment of Gokyo Valley, with its stunning glacier lakes, is loved by Buddhists and Hindus.
- Enjoy a challenging climb to the local Gokyo Ri (5,360 m).

- Explore Gokyo lake, considered a sacred lake by the Sherpa community and worshipped as a guardian of the Khumbu family
- Get a glimpse of the majestic peaks of Mount Everest, Makalu, Lhotse, and Cho Oyu.
- Renjo La Pass a high-altitude pass located on the Renjo Gokyo Kora trek. From the pass, you can enjoy breathtaking views of the surrounding peaks, including Mt. Everest and Lhotse.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	flight to Lukla and trek to Phakding	2,652 meters/8,698 feet	4 hours
03	Trek from Phakding to Namche Bazaar	3,440 meters/11,286 feet	6-7 hours
04	Acclimatization day in Namche Bazaar		
05	Trek from Namche Bazaar to Thame	3,800 meters/12,467 feet	6-7 hours
06	Trek from Thame to Lungden	4,400 meters/14,435 feet	6-7 hours
07	Trek from Lungden to Renjo La Pass	5,360 meters/17,585 feet	7-8 hours
08	Trek from Gokyo Lake to Machermo	4,410 meters/14,468 feet	5-6 hours
09	Trek to Namche Bazaar	3,440 meters/11,286 feet	6-7 hours
10	Trek from Namche Bazaar to Lukla	2,840 meters/9,317feet	7-8 hours
11	Flight from Lukla back to Kathmandu.	1,380 meters	
12	Sightseeing Kathmandu		
13	Departure to airport		

Detailed Itinerary

Day 1: Arrival in Kathmandu

On your arrival at the TIA, you will be greeted and guided to the designated hotel by one of our Precious Adventures representatives. He/ She will give short information about the Time zone, room, money exchange, and welcome dinner. Later you will be visiting one of the finest restaurants for a complimentary welcome dinner. You will be informed in short about the summary of your tour.

Day 2: Arrive in Lukla and trek to Phakding (2652m) - 3-4 hours

On the first day of your trek, you will fly from Kathmandu to Lukla, which is a small town in the Solu-Khumbu region of Nepal. From Lukla, you will start your trek to the village of Phakding, which will take around 4 hours. The trail passes through the beautiful forests of the region, with breathtaking views of the surrounding mountains. You will stay overnight in Phakding, where you can relax and prepare for the next day's journey.

Day 3: Trek to Namche Bazaar (3440m/11286ft) ,6-7 hours

On the 3rd day, you will continue your trek to the bustling town of Namche Bazaar. The trail passes through beautiful forests and small villages, with stunning views of the surrounding mountains. Along the way, you will also have the opportunity to visit the famous suspension bridge of Hillary Bridge. Namche Bazaar is known as the gateway to Mount Everest and is a popular stop for trekkers and climbers. You will spend the night in Namche Bazaar, where you can explore the local markets

and enjoy the stunning views of the surrounding peaks.

Day 4: Acclimatization day in Namche Bazaar

On this day, you will spend the day in Namche Bazaar, taking the opportunity to acclimatize to the higher altitude. You can take a short hike to the nearby villages or visit the Sagarmatha National Park Museum, which has a collection of artefacts and exhibits about the region. You can also visit the famous Tengboche Monastery, which is located a short distance from Namche Bazaar. In the evening, you can return to your lodge and rest for the next day's journey.

Day 5: Trek from Namche Bazaar to Thame (3800m) ,5-6 hours

On the fifth day of our trek, you will continue your trek to the village of Thame, which is located at an altitude of 3800 meters. The trail passes through beautiful forests and small villages, with stunning views of the surrounding mountains. Thame is a traditional Tibetan village that is home to the famous Thame Monastery, which is known for its beautiful murals and intricate carvings. You will spend the night in Thame, where you can explore the local culture and traditions of the region.

Day 6: Trek from Thame to Lungden (4400m) ,5 -6 hours

On this day, you will continue your trek to the village of Lungden, which is located at an altitude of 4400 meters. The trail passes through beautiful forests and small villages, with stunning views of the surrounding mountains. Lungden is a small village that is home to a few basic lodges and teahouses, where you can rest and enjoy the local hospitality. You will spend the night in Lungden, where you can relax and prepare for the next day's journey.

Day 7: Trek to Gokyo lake (4790m) via Renjo Pass (5360m),7-8 hours

On our 7th day, we will be trekking to Gokyo lake via renjo pass. Renjo pass is one of the underrated trekking routes from where one can explore the serene beauty of the Himalayas. The Gokyo lakes are considered the world's highest freshwater lake system. Gokyo Cho, also known as Dudh Pokhari, is the main lake. Despite the very high altitude, some Hindu sadhus come here barefoot for pilgrim tour. The Gokyo lakes are considered as sacred place by both Buddhists and Hindus. If one wishes, they can opt for one additional day and visit the 5th lake which lies in the lap of Mt Choyu (one of the sixth highest mountains of the 14 eight-thousanders mountain peak)

Day 8: Trek to Machermo (4470m) 6-7 Hours

In the morning we will climb the GokyoRi and enjoy the enthralling view of the Gokyo valley. Gokyo peak is one of the best points to see Everest very clearly. After that, we will be on our way down to Macharmo. On the way, we can observe a magnificent view of the first and second lakes, roaring water, bush vegetation, and other species of flora and fauna.

Day 9: Trek to Namche(3440m) , 8-9 hours

From Machermo we will trek back to Namche. It will take 8-9 hours to reach Namche. The journey from Machermo to Namche allows us to encircle the trail. Today we will complete a circle starting from Namche and travelling through Gokyo lakes, Machermo and again back to Namche. Overnight in Namche.

Day 10: Trek to Lukla (2840m),8-9hours

From Namche to Lukla it will be the last trek of this journey which will take approximately 8-9 hours. Another thrilling day to cross a suspension bridge over the Dudhkoshi river several times. We walk along the gushing Dudhkoshi river. The trail takes you through pine forests and bushes. If the weather permits, you will be able to sight Everest for the last time. Following the same trail that we pursued previously, embracing the beauty of the vicinity. Spend your last night in the Khumbu valley enjoying the local cuisine. Overnight in Lukla.

Day 11: Fly to Kathmandu

Our Renjo Gokyo kora Trek ends with a domestic flight from Lukla. From Tenzing-Hillary Airport you will be a boarding flight to Kathmandu/ Manthali and driving to Kathmandu where scenic views of mountains and valleys can be seen.

Day 12: Sightseeing Kathmandu

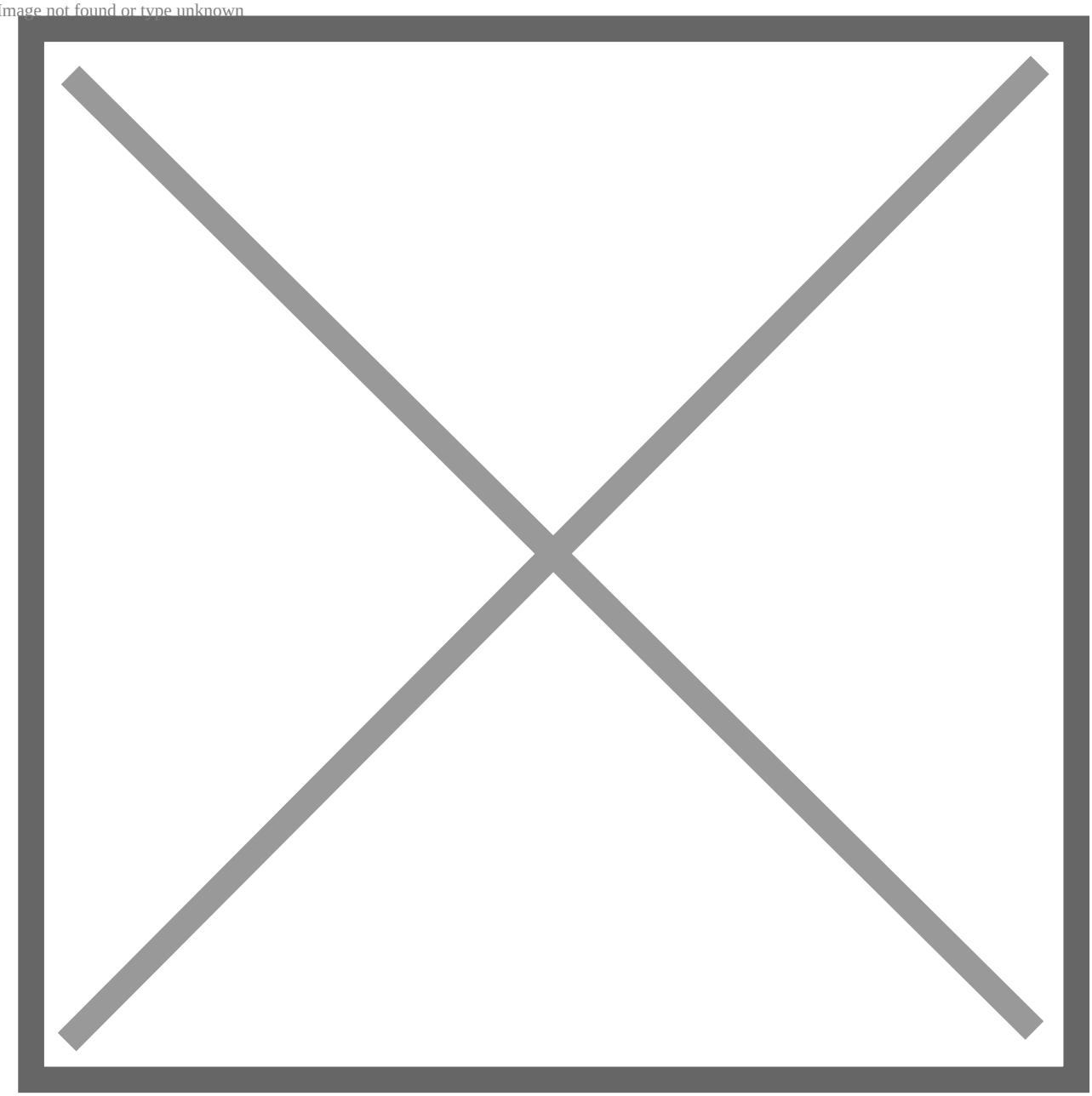
There’s so much to see in Kathmandu and we reckon that one day probably won’t be enough for sightseeing the entire beauty of Kathmandu city but we will explore what we can. Enough time at your disposal today for shopping souvenirs or perhaps exploring the world heritage sites of Nepal before leaving. . Witness the traditional craftsmanship in Bhaktapur, a historic city close to Kathmandu and Boudhanath, one of the prominent Buddhist pilgrimage sites. Walking around those cities brings about a beautiful impression of the tradition, culture, city life, and customs of Nepal. The choice is yours to make.

Day 13: Departure

On your last day here our representatives will drop you off at TIA with the hope that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey.

Map

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Practical Information

Q. Food and Accommodation
A. Food options range from the typical Nepalese Dal Bhat to Chinese and international cuisine. Nepalese Dal Bhat is a rice, lentils, and vegetable dish. With free refill options, you can eat as much as you like. Especially in Lukla and Namche, you can choose from a wide variety. Fruits of the Season are offered to you. The lodging is often twin-based. Most single rooms have a small table and chairs and two single beds. A cushion and sheet are typically found in beds. In most cases, a blanket is provided in the tea room.

Q. Best Season for the trek
A. The most incredible times for this hike are autumn (September to November) and spring (March to May). In autumn, you can see sunny days, and you can still see the snow-capped mountains. The best mountain views and most colorful scenery are in the spring. Hiking in winter (December-February) and monsoon season (June-August) is not recommended. There is a lot of snow and fog in winter, but it rains during the monsoon season. Flights to and from Lukla are frequently canceled and delayed at

this time of the year.

Q. Trip Category
A. Trekkers need to be in good shape to complete it, as it is classified as a medium to challenging trek with some sharp accents on the marked trails. The trekker needs to walk for 3-9 hours daily. Trekking in these highlands can cause altitude sickness, so allowing enough time to acclimate is crucial.

Q. Health and Safety along the trail
A. The Himalayan Rescue Association operates a clinic at a permanent facility in the village of Pheriche. The Helicopter Charter is provided for emergencies to rescue individuals on excursions. During the peak climbing season in April/May, the Himalayan Rescue Association station is operated by volunteer medics at the base camp. Altitude sickness can occur because this is a high-altitude hike. Therefore, it is necessary to limit alcohol consumption and give sufficient time to adapt. Water for personal hygiene is easily accessible on the go. Squat-type toilets are available during the hike. Water and a ladle can be used for flushing.

Frequently Asked Questions

Q. How long does the Renjo Gokyo Kora trek take?
A.

Renjo Gokyo Kora Trek duration can vary depending on the route and the pace of the trekker, but it typically takes around 7-9 days to complete.

Q. What is the best time to do the Renjo Gokyo Kora trek?
A. The best time to do the Renjo Gokyo Kora trek is during the peak trekking seasons of Spring (March to May) and Autumn (September to November), when the weather is clear and the skies are generally free of clouds, offering excellent views of the surrounding mountain ranges.

Q. What is the difficulty level of the Renjo Gokyo Kora trek?
A. The Renjo Gokyo Kora trek is considered to be a moderate to challenging trek, with some steep and strenuous sections. It is suitable for trekkers with good physical fitness and some prior trekking experience.

Q. What is the maximum altitude reached during the Renjo Gokyo Kora trek?
A. The maximum altitude reached during the Renjo Gokyo Kora trek is around 5,550 meters at the Renjo La Pass.

Q. Is it necessary to have a guide for the Renjo Gokyo Kora trek?
A. While it is not required to have a guide for the Renjo Gokyo Kora trek, it is highly recommended for several reasons. A guide is familiar with the route, can provide valuable information about the local culture and history of the region, and can help you to prepare for any unexpected challenges that may arise during the trek.

Q. Is it possible to do the Renjo Gokyo Kora trek independently?
A. Yes, it is possible to do the Renjo Gokyo Kora trek independently, but it is recommended to hire a

guide or join a trekking group for safety and logistical reasons.

Q. What is the accommodation like during the Renjo Gokyo Kora trek?
A. Accommodation during the Renjo Gokyo Kora trek is generally in basic teahouses or lodges, which offer shared facilities and simple rooms with beds and blankets. Some teahouses may offer hot showers for an additional fee.

Q. What should I bring on the Renjo Gokyo Kora trek?
A. Some essential items to bring on the Renjo Gokyo Kora trek include warm and waterproof clothing, good quality hiking boots, a day pack, sunscreen, a hat, sunglasses, a water bottle, a flashlight, and any personal medications. It is also a good idea to bring some snacks, such as energy bars or nuts, to sustain you during the trek.

Q. Can I charge my electronic devices during the Renjo Gokyo Kora trek?
A. Electricity is generally available in the teahouses and lodges along the Renjo Gokyo Kora trek, but it is recommended to bring a portable charger or power bank as a backup. It is also a good idea to bring a charging cable for your device.

Q. How can I prepare for the Renjo Gokyo Kora trek?
A. To prepare for the Renjo Gokyo Kora trek, it is important to have a good level of physical fitness. This can be achieved through regular exercise, such as running, cycling, or hiking, and building up endurance over time. It is also helpful to acclimatize to the altitude before the trek by spending a few days in the Kathmandu valley or at a lower altitude. It is important to also pack appropriately and to be familiar with the itinerary and route of the trek. Finally, it is recommended to purchase a comprehensive travel insurance policy to cover any unexpected emergencies or cancellations.