

Gokyo Lake – Renjo La Pass Trekking

TRIP OVERVIEW

Discovering the Offbeat Path: Gokyo Renjola Pass Trek

Gokyo Renjola Pass Trek beckons trekkers seeking a less-travelled path, diverging from the popular and commercial routes leading to Everest Base Camp (5,545 m). This trek offers a unique and immersive experience, away from the bustling crowds, with a blend of natural and cultural encounters awaiting exploration.

Traversing through the Gokyo Valley, Thame Valley, and Renjo-La Pass, the trail unfolds a panorama of natural wonders. Eastern mountains pierce the sky, revealing stunning views of emerald lakes and glaciers. The Renjo La pass (5,345 m) serves as a vantage point, providing breathtaking vistas of Mt. Everest and towering peaks such as Mt. Makalu (8,485 m), Mt. Manaslu (8,163 m), Mt. Kanchenjunga (8,586 m), and Mt. Cho Oyu (8,188 m). The trek encompasses captivating passes and traverses massive glaciers, including the Ngozumpa glacier, the region's largest.

Enchanting Gokyo Valley: Five Lakes

The mystic Gokyo Valley is renowned for its enchanting chain of five lakes, guarded by colossal mountains in every direction. The reflections of these peaks in the pristine lakes create a surreal and awe-inspiring sight. Another highlight of the journey is the ascent to Gokyo Ri Peak (5,357 m), offering the ultimate vantage point for a 360-degree panoramic view of the Everest region. Revel in the sight of Mt. Everest, Lhotse, Makalu, Cho Oyu, Nuptse, Pumori, Lingtren, Chola Peak, Machherma Peak, Ama Dablam, Thamserku, Kusum Kangaru, and other peaks dominating the eastern Himalayan skyline.

Commencing the adventure with a 30-minute flight to Lukla, often dubbed one of the world's most dangerous airports, the trek unfolds through Namche, Dole, Gokyo, Gokyo Ri, Renjo-La Pass, Lungden, and Thame Village. The journey's highest points, Gokyo Ri (5,357 m) and Renjo-La Pass (5,345 m), provide an elevation spectacle, showcasing varied and lush vegetation due to the drastic elevation changes. Moreover, this trek offers the chance to encounter rare and endangered species such as Musk Deer, Wild Mountain Goat, Lophophorus, Snow Leopard, Pheasants, Mountain Hawk, and Snow Duck.

Embark on the Gokyo Renjo-La Pass trek for an extraordinary adventure, where each step reveals the untouched beauty of the Himalayas and offers a profound connection with the

region's diverse flora and fauna.

Reasons to Make Gokyo Renjola Pass Trek Your Next Adventure

1. **Breathtaking Scenery:** The Gokyo Renjola Pass Trek offers some of the most stunning scenery in the Everest region. From turquoise lakes to towering peaks, trekkers are treated to panoramic views that will leave them in awe at every turn.
2. **Less Crowded Trails:** Unlike the popular Everest Base Camp trek, the Gokyo Renjola Pass route sees fewer crowds, providing a more serene and authentic trekking experience. Trekkers can enjoy the tranquillity of the mountains without the hustle and bustle of larger groups.
3. **Cultural Immersion:** Along the trail, trekkers have the opportunity to immerse themselves in the local Sherpa culture. Visit traditional villages, interact with friendly locals, and learn about their customs and way of life.
4. **Renjo La Pass Crossing:** One of the highlights of the trek is crossing the Renjo La Pass, which sits at an altitude of 5,360 meters. This challenging yet rewarding ascent offers breathtaking views of Everest, Makalu, Cho Oyu, and other Himalayan giants.
5. **Gokyo Lakes:** The trek takes you to the mesmerizing [Gokyo Lake](#) a series of pristine alpine lakes nestled amidst the mountains. Trekkers can hike to Gokyo Ri for a bird's-eye view of the lakes and surrounding peaks, making for an unforgettable experience.

5 Tips for a Stress-Free Gokyo Renjola Pass Trek

1. **Acclimatize Properly:** Take your time to acclimatize to the high altitude to avoid altitude sickness. Ascend slowly, stay hydrated, and listen to your body.
2. **Pack Wisely:** Pack light, but make sure to include essential items such as warm clothing, a good pair of trekking boots, sunscreen, and plenty of snacks.
3. **Stay Hydrated and Nourished:** Drink plenty of water and eat regularly to maintain your energy levels throughout the trek. Bring snacks like nuts, energy bars, and dried fruit for quick boosts of energy.
4. **Be Prepared for Changing Weather:** The weather in the mountains can be unpredictable, so be prepared for sudden changes. Dress in layers and carry waterproof clothing to stay dry and comfortable.
5. **Listen to Our Guide:** Follow the advice of your guide, who is experienced in navigating the terrain and ensuring your safety. Trust their judgment and communicate any concerns or discomfort you may have.

5 Tips for Enjoying the Gokyo Renjola Pass Trek

1. **Train and Prepare:** Build your physical fitness and endurance before the trek by incorporating regular exercise and hiking into your routine.
2. **Stay Hydrated:** Drink plenty of water throughout the trek to prevent dehydration, especially at higher altitudes.
3. **Take it slow.** Pace yourself and enjoy the journey. Listen to your body and take breaks as needed to rest and recharge.
4. **Capture Memories:** Bring a camera or smartphone to capture the stunning scenery and special moments along the trek.
5. **Embrace the Experience:** Keep an open mind and immerse yourself fully in the experience. Be present, appreciate the beauty around you, and embrace the challenges as part of the adventure.

5 Tips for Making the Most of Your Gokyo Renjola Pass Trek

1. **Plan Ahead:** Research the trek thoroughly, including weather conditions, trail difficulties, and necessary permits, to ensure a smooth and enjoyable experience.
2. **Pack Smart:** Pack light but bring essential items such as layers of clothing, sturdy hiking boots, sunscreen, and a first-aid kit.
3. **Stay Positive:** Maintain a positive attitude and embrace the journey, even when faced with challenges or setbacks.
4. **Engage with Locals:** Take the time to interact with local Sherpa communities along the trail, learning about their culture and way of life.
5. **Appreciate the Views:** Pause frequently to take in the breathtaking scenery and savour the moments of tranquillity and beauty that the trek offers.

Trip Highlights:

- Experience the ancient Sherpa culture
- Challenging paths and an exciting uphill hike
- Extraordinary views of Gokyo lakes and valleys
- Hike through the beautiful Sagarmatha National Park

TRIP DETAILED ITINERARY

- **Day 1**

Arrive in Kathmandu, We will warmly welcome you at the airport and transfer to your hotel for check-in, followed by a refreshing welcome drink.

We will be waiting to welcome you at **Tribhuvan International Airport, Kathmandu**, where you will be greeted with a traditional **Nepali flower garland** to mark your arrival. After the warm welcome, we will drive you to your hotel, approximately **30 minutes during the day** and **20 minutes at night**.

Upon reaching **the hotel**, you will be offered **welcome drinks and biscuits**, followed by the **settlement of your rooms**. Once settled, please join us back in the **lobby or meeting hall** for a **briefing** about your trekking program on Gokyo Lake - Renjo La Pass Trekking, including an introduction to your **trekking guide** and other relevant details. After the briefing, you will have the opportunity to **check your trekking equipment** with your guide.

Note: If you arrive in Kathmandu at night, these activities will be scheduled for the following day after breakfast and meals.



Difficulty

Easy



Max altitude

1350m



Accommodation

Hotel



Meals

Welcome dinner at Culture
Home

- **Day 2**

Shopping and Preparing Day for Trekking.

Today is dedicated to **final preparations for your Gokyo Lake – Renjo La Pass Trek**. After breakfast, your trekking guide will meet you for a **briefing about the upcoming**

journey, including details on the route, weather conditions, altitude considerations, and essential gear. This is also the perfect time to **check your trekking equipment**, ensuring you have all the necessary clothing, accessories, and personal items for the adventure ahead.

You'll have the rest of the day free to **shop for any last-minute trekking gear or supplies** in **Thamel**, Kathmandu's bustling traveler hub. Here, you can find high-quality outdoor equipment, warm clothing, and other essentials at reasonable prices.

In the evening, you can enjoy a **traditional Nepali dinner** and get a good night's rest, ready to begin your scenic Himalayan journey to the beautiful **Gokyo Lakes and Renjo La Pass** the following day.

Highlights of the Day

- Trek briefing and **preparation with your guide**
- **Check and organize trekking gear and equipment**
- Last-minute **shopping in Thamel**, Kathmandu
- Explore Kathmandu's **vibrant local culture and markets**
- Enjoy a **traditional Nepali meal** before your trek begins



Difficulty

Easy



Max altitude

1350m



Accommodation

Hotel



Meals

Breakfast

• Day 3

Kathmandu – Flight to Lukla - Trek to Phakding 3 - 4 hours

Early in the morning, you'll be **transferred to Tribhuvan International Airport** for your scenic **mountain flight to Lukla (2840m)** — the gateway to the Everest and Gokyo

regions. The **40-minute flight** is an unforgettable experience, offering breathtaking views of the **snow-capped Himalayan peaks**, rolling hills, and terraced valleys below. Upon landing at Lukla's famous Tenzing-Hillary Airport, you'll meet your local trekking crew and begin your adventure.

From Lukla, the trail gently descends toward **Phakding**, passing through charming Sherpa villages, mani walls, and colorful prayer flags fluttering in the mountain breeze. You'll trek along the **Dudh Koshi River**, crossing suspension bridges and enjoying the fresh mountain air. After about **3 to 4 hours of easy hiking**, you'll arrive at **Phakding (2640m)** — a peaceful riverside village surrounded by pine forests.

Once you reach Phakding, check into your teahouse and relax. Later, you can explore the village or take a short walk to a nearby monastery to soak in the serene Himalayan atmosphere.

Highlights of the Day

- Scenic **flight from Kathmandu to Lukla** with panoramic mountain views
- Begin the trek through **Sherpa villages and rhododendron forests**
- Walk along the **Dudh Koshi River** and cross exciting suspension bridges
- Experience the first glimpses of **Himalayan lifestyle and culture**
- Stay overnight in the **beautiful riverside village of Phakding**



Difficulty
Moderate



Max altitude
2840m



Accommodation
Lodge - Teahouse



Meals
Breakfast - Lunch - Dinner

- **Day 4**

Phakding – Namche Bazar 3 - 4 hours

After an early breakfast in Phakding, the trail continues north along the **Dudh Koshi River**, crossing several suspension bridges draped in colorful prayer flags. Today's trek offers a mix of gentle ascents and steeper climbs as you make your way through **pine and rhododendron forests** and traditional Sherpa settlements such as **Monjo and Jorsalle**, which lie inside the **Sagarmatha National Park** — a UNESCO World Heritage Site.

You'll stop at the **park entrance in Monjo** to register your permits, then continue your gradual ascent through the valley. After crossing the famous **Hillary Suspension Bridge**, the trail climbs steeply for about **two hours** toward **Namche Bazaar**, the bustling Sherpa capital and gateway to Everest. Along the way, if the weather is clear, you might catch your **first views of Mount Everest, Lhotse, and Thamserku** — an exciting glimpse of the adventure ahead!

Arriving in **Namche Bazaar (3440m)**, you'll be greeted by the vibrant energy of this mountain town. Colorful shops, cozy cafés, and lively teahouses line the narrow streets, offering everything from trekking gear to freshly baked pastries. Spend the rest of the afternoon relaxing or exploring the local market and enjoying panoramic views of the surrounding peaks.

Highlights of the Day

- Cross multiple **suspension bridges** over the Dudh Koshi River
- Enter the **Sagarmatha National Park**, a UNESCO World Heritage Site
- Enjoy the **first views of Mount Everest, Lhotse, and Thamserku**
- Visit charming Sherpa villages and lush alpine forests
- Reach the iconic **Namche Bazaar**, the Sherpa hub of the Everest region



Difficulty

Moderate



Max altitude

3440m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

- **Day 5**

Acclimatization day at Namche Bazaar or Khumjung visit day.

Today is a much-needed **acclimatization and exploration day** in **Namche Bazaar**, the heart of the Khumbu region. This rest day helps your body adjust to the higher altitude before ascending further into the mountains. Instead of staying idle, you'll embark on a short hike to gain elevation and enjoy some of the best panoramic views in the Everest region.

One popular option is the **hike to the Everest View Hotel (3880m)**, renowned for its stunning scenery of **Mount Everest, Ama Dablam, Thamserku, and Lhotse**. The trail climbs gradually above Namche and offers incredible opportunities for photography and quiet moments amidst the breathtaking Himalayan landscape.

From there, you can continue your walk to **Khumjung Village (3780m)**, a beautiful Sherpa settlement nestled beneath the sacred Khumbila Peak. Khumjung is home to the **Hillary School**, founded by Sir Edmund Hillary, and the **Khumjung Monastery**, where locals claim to have a preserved "Yeti scalp." You'll also get a close look at the traditional lifestyle and warm hospitality of the Sherpa people.

After your exploration, you'll return to Namche for lunch and spend the rest of the day relaxing, visiting local bakeries, or exploring the vibrant market area. This day offers a perfect mix of cultural insight, scenic beauty, and essential altitude adaptation.

Highlights of the Day

- Acclimatize and adapt to the **higher altitude (3440m–3880m)**
- Short hike to **Everest View Hotel** for breathtaking Himalayan panoramas
- Visit **Khumjung Village** and **Hillary School**, established by Sir Edmund Hillary
- Explore **Khumjung Monastery** and experience Sherpa traditions
- Enjoy free time at the lively **Namche Bazaar**



Difficulty

Moderate



Max altitude

3440m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

- **Day 6**

Namche – Dole 5 - 6 hours

After breakfast in Namche Bazaar, the trail ascends steadily along a scenic ridge, offering spectacular views of **Ama Dablam, Thamserku, and Kangtega**. The first stretch is a gentle climb to **Kyangjuma (3550m)**, where you can enjoy a brief rest with hot tea while admiring the serene mountain backdrop. From here, the route diverges from the classic Everest Base Camp trail and heads towards the peaceful **Gokyo Valley**.

The path continues to **Mong La (3975m)**, a small hilltop village known for its striking panoramic views and sacred chorten dedicated to Lama Sangwa Dorje, the founder of Tengboche Monastery. After a short descent to the river, you'll cross a wooden bridge and start climbing again through dense rhododendron and birch forests filled with colorful Himalayan birds and occasional musk deer sightings.

As you ascend, the vegetation begins to thin, revealing the first glimpses of **snowy peaks and alpine terrain**. The trail finally leads you to **Dole (4200m)**, a small but charming settlement with a few cozy lodges overlooking the Dudh Koshi Valley. The crisp air and surrounding tranquility make Dole a perfect overnight stop to rest and prepare for higher altitudes.

Highlights of the Day

- Leave the busy Everest trail and enter the serene **Gokyo Valley**
- Spectacular mountain views from **Mong La Pass (3975m)**
- Enjoy peaceful trails through rhododendron and birch forests
- Experience traditional Sherpa villages and mountain hospitality
- Overnight stay in **Dole (4200m)** surrounded by alpine beauty



Difficulty

Moderate

**Max altitude**

4200m

**Accommodation**

Lodge - Teahouse

**Meals**

Breakfast - Lunch - Dinner

- **Day 7**

Dole – Machherma 4 - 5 hours

After a refreshing night in Dole, the trek begins with a gradual ascent along the side of the Dudh Koshi Valley. The trail climbs steadily through **alpine meadows and scrub juniper**, with breathtaking views of **Cho Oyu (8188m)**, **Thamserku**, and **Kangtega** dominating the skyline. The route is peaceful, less crowded, and offers a real sense of Himalayan wilderness.

As you gain elevation, you'll pass through small seasonal settlements like **Lhafarma (4240m)** and **Luza (4360m)**, where yaks graze on the high-altitude pastures and the sound of the river echoes below. The trail meanders above the Dudh Koshi River, offering stunning vistas of the valley below and the snow-clad peaks above.

Upon reaching **Machherma (4470m)**, you'll be welcomed by a serene and open valley surrounded by rugged mountains. This village is known for its simplicity, calm atmosphere, and incredible sunset views over the Himalayas. Machherma is also an important acclimatization stop before heading higher towards Gokyo.

Highlights of the Day

- Scenic ascent through alpine landscapes and yak pastures
- Panoramic views of **Cho Oyu**, **Thamserku**, and **Kangtega**
- Peaceful trekking route with minimal crowds
- Explore traditional Sherpa settlements en route
- Overnight in **Machherma (4470m)** surrounded by stunning peaks

**Difficulty**

Moderate

**Max altitude**

4470m

**Accommodation**

Lodge - Teahouse

**Meals**

Breakfast - Lunch - Dinner

- Day 8**

Machherma – Gokyo 3 - 4 hours

Today's trek from Machherma to Gokyo takes you deeper into the heart of the Everest region, offering **brehtaking views and a gradual climb into high alpine terrain**. The trail begins with a gentle ascent above the Dudh Koshi Valley, following the river's icy flow as it winds its way toward the series of sacred **Gokyo Lakes**.

You'll trek through rocky paths and pastures where yaks graze under the watchful gaze of towering peaks like **Cho Oyu (8188m)**, **Kangtega**, and **Thamserku**. As you approach the first lake, **Longponga Tsho (4690m)**, the turquoise waters glimmer beautifully against the stark Himalayan backdrop. Further along, you'll pass the **second lake, Taujung Tsho**, before finally reaching **Gokyo village**, located beside the stunning **third lake, Dudh Pokhari**.

Gokyo (4790m) is a small but charming settlement offering magnificent views of **Cho Oyu** and the surrounding glaciers. The tranquil setting of the lakes and the reflection of snow peaks in the crystal-clear waters make this one of the most scenic spots in the entire Khumbu region.

Highlights of the Day

- Gradual ascent through high alpine landscapes
- Spectacular views of **Cho Oyu, Kangtega, and Thamserku**
- Visit the beautiful **Gokyo Lakes** (Longponga Tsho, Taujung Tsho & Dudh Pokhari)
- Reach **Gokyo village**, a stunning high-altitude settlement beside the third lake

- Peaceful evening with panoramic mountain reflections on the water

**Difficulty**

Moderate

**Max altitude**

4790m

**Accommodation**

Lodge - Teahouse

**Meals**

Breakfast - Lunch - Dinner

- **Day 9**

Early in the morning climb to the Gokyo Ri peak 2 - 3 hours

Today is one of the most rewarding days of the entire Gokyo adventure! You'll start **early in the morning**, climbing the steep but well-defined trail to **Gokyo Ri (5360m)** — one of the best panoramic viewpoints in the Everest region. The ascent takes around 2–3 hours, gradually gaining height as the surrounding landscape opens up dramatically with every step.

From the top of **Gokyo Ri**, you'll be greeted with a **breathtaking 360° panorama** of some of the world's highest peaks — including **Mount Everest (8848m)**, **Lhotse (8516m)**, **Makalu (8485m)**, **Cho Oyu (8188m)**, and the vast Ngozumpa Glacier — the longest glacier in Nepal. As the morning light spreads across the mountains, the views of the **Gokyo Lakes below shimmering in the sunlight** create an unforgettable scene.

After spending some time soaking in the views and taking photographs, you'll descend back to Gokyo village for a warm breakfast and a well-deserved rest. The rest of the day can be spent relaxing by the lakeside or exploring the peaceful surroundings.

Highlights of the Day

- Early morning climb to the stunning **Gokyo Ri Viewpoint (5360m)**
- Spectacular sunrise over **Everest, Lhotse, Makalu, and Cho Oyu**
- Awe-inspiring view of **Gokyo Lakes** and the **Ngozumpa Glacier**

- Ideal spot for photography and panoramic mountain vistas
- Relaxing return to Gokyo village after the climb



Difficulty
Challenging



Max altitude
5360m



Accommodation
Lodge - Teahouse



Meals
Breakfast - Lunch - Dinner

- **Day 10**

Gokyo – Lumde via Renjo La Pass

Today is one of the most challenging yet spectacular days of your trek — crossing the **Renjo La Pass (5373m)**, one of the most iconic high passes in the Everest region. You'll start early in the morning from **Gokyo (4790m)** with a hearty breakfast, ready for a day of adventure, incredible alpine scenery, and panoramic Himalayan vistas.

The trail begins with a gradual ascent along the glacial moraine, leading to the base of the pass. As you climb higher, the landscape becomes more rugged and dramatic, with views of **Cho Oyu (8188m)**, **Gyachung Kang (7952m)**, and the sprawling **Ngozumpa Glacier** — the longest glacier in Nepal. The climb is steep and requires **careful pacing**, but the sweeping vistas from the top are a **reward that makes every step worthwhile**.

After reaching the **Renjo La Pass (5373m)**, take time to enjoy the **breathtaking 360° views** of the surrounding peaks, valleys, and glaciers. From the pass, the trail begins a **long but scenic descent** through rocky terrain and high-altitude pastures, eventually reaching **Lumde (4368m)**. The village provides a peaceful setting to rest, recover, and reflect on the remarkable journey across the high pass.

Highlights of the Day

- Early morning start for a **challenging and rewarding trek**

- Cross the **Renjo La Pass (5373m)** with panoramic views of the Himalayas
- Spectacular vistas of **Cho Oyu, Gyachung Kang, and Ngozumpa Glacier**
- Trek through glacial moraines, high alpine terrain, and serene pastures
- Overnight stay in **Lumde (4368m)**, a quiet high-altitude village



Difficulty
Challenging



Max altitude
5373m



Accommodation
Lodge - Teahouse



Meals
Breakfast - Lunch - Dinner

• Day 11

Lumde – Thame 3 - 4 hours

After breakfast in Lumde, you'll begin a gentle descent towards **Thame**, a beautiful and culturally rich Sherpa village. The trail today is pleasant and mostly downhill, following the ancient trade route once used by Tibetan merchants who crossed through the high passes of the Himalayas.

As you walk, the landscape gradually changes from high alpine terrain to lush rhododendron and pine forests. Along the way, you'll enjoy panoramic views of **Kangtega, Thamserku, and Kusum Kanguru**, with prayer flags fluttering across the hillsides. The peaceful trail passes through small settlements, mani walls, and ancient chortens that highlight the deep Buddhist influence of the region.

Upon reaching **Thame (3820m)**, you'll be welcomed into a serene valley that was once home to the famous mountaineer **Tenzing Norgay Sherpa**, the first man to summit Mount Everest with Sir Edmund Hillary. Thame is also known for its **historic monastery**, perched beautifully on a hillside, which offers a quiet space for reflection and exploration.

Highlights of the Day

- Scenic descent through pine and rhododendron forests
- Follow an ancient **Tibetan trade route**
- Stunning views of **Kangtega, Thamserku, and Kusum Kanguru**
- Visit **Thame Monastery** and experience Sherpa Buddhist culture
- Discover the hometown of legendary climber **Tenzing Norgay Sherpa**



Difficulty

Moderate



Max altitude

4368m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

• Day 12

Thame – Manjo 5 - 6 hours

After breakfast in Thame (3820m), today's trek begins with a **gradual descent through pine and rhododendron forests**, leaving behind the high alpine pastures and traditional Sherpa settlements. The trail winds through charming villages, prayer walls, and streams, offering a peaceful journey while still providing **stunning views of Kangtega, Thamserku, and Kusum Kanguru**.

The route passes through **Namche Bazar outskirts**, with opportunities to see local life, terraced fields, and mani stones carved with Buddhist prayers. After a series of scenic descents along well-trodden trails, you'll arrive at **Manjo (2700m)**, a small village located at the entrance of the **Sagarmatha National Park**. This settlement serves as a convenient resting point before continuing towards Lukla or other destinations, with cozy teahouses offering warm meals and comfortable overnight stays.

Highlights of the Day

- Descend through **alpine forests and terraced landscapes**

- Enjoy views of **Kangtega, Thamserku, and Kusum Kanguru**
- Pass through local Sherpa villages and see traditional **mani walls and chortens**
- Reach **Manjo (2700m)**, a quiet village at the park entrance
- Overnight stay in **comfortable teahouses with local hospitality**



Difficulty

Moderate



Max altitude

3820m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

• Day 13

Manjo – Lukla 2 - 3 hours

After breakfast in Manjo, your final day of trekking begins with a **gentle ascent and descent along forested trails**. The route passes through **small Sherpa villages, mani walls, and suspension bridges** over streams flowing from the surrounding mountains. As you walk, enjoy the last panoramic views of **Thamserku, Kangtega, and Kusum Kanguru**, marking the culmination of your incredible Himalayan journey.

The trail gradually leads you into the lively **Lukla (2840m)**, the gateway to the Everest region. Upon arrival, you'll have time to **explore the small village**, interact with locals, and reflect on the adventure you've just completed. Lukla offers basic shops, cozy teahouses, and a chance to **relax and prepare for your flight back to Kathmandu**.

Highlights of the Day

- Gentle trek through **Sherpa villages and forests**
- Cross **suspension bridges** over mountain streams
- Enjoy last scenic views of **Thamserku, Kangtega, and Kusum Kanguru**

- Reach **Lukla (2840m)**, the Everest region's gateway town
- Evening free to **explore Lukla and interact with locals**



Difficulty

Moderate



Max altitude

2840m



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

• Day 14

Lukla – Flight to Kathmandu and Transfer to Hotel.

After breakfast in Lukla, you'll take a **scenic flight back to Kathmandu**. The flight lasts approximately **40–45 minutes**, offering stunning aerial views of the **Himalayas, including Mount Everest, Lhotse, and Ama Dablam**, as well as the rolling hills and deep river valleys of the Khumbu region.

Upon landing at **Tribhuvan International Airport, Kathmandu**, you'll be met and **transferred to your hotel**. The rest of the day is free to **relax, freshen up, and reflect on your incredible trekking journey**. This transfer marks the end of your trekking adventure and the return to the vibrant life of Nepal's capital.

Highlights of the Day

- Enjoy a **brehtaking scenic flight from Lukla to Kathmandu**
- Panoramic aerial views of **Everest, Lhotse, Ama Dablam, and other Himalayan peaks**
- Smooth airport transfer to your **Kathmandu hotel**
- Free time to **relax, shop, or explore Kathmandu**
- Reflect on the **memorable trekking adventure** you just completed

**Difficulty**

Moderate

**Max altitude**

2840m

**Accommodation**

Hotel

**Meals**

Breakfast - Lunch - Dinner

- **Day 15**

Rest or Shopping day.

After your return from the Gokyo Lake – Renjo La Pass trek, today is dedicated to **rest, relaxation, and optional shopping** in Kathmandu. Enjoy a leisurely breakfast at your hotel before heading out to explore the bustling streets of **Thamel**, the city's main tourist hub. Here, you can shop for **Nepalese handicrafts, pashmina shawls, souvenirs, trekking gear, and local artworks**.

For those interested in culture, you can also visit nearby temples, squares, or museums at a relaxed pace, soaking in Kathmandu's **vibrant heritage and architecture**. The day provides the perfect balance of **leisure, exploration, and preparation** for your onward journey or departure. In the evening, enjoy a **traditional Nepalese dinner** at a local restaurant, reflecting on your Himalayan adventure.

Highlights of the Day

- Leisurely day to **rest after trekking**
- Explore **Thamel's vibrant markets** for souvenirs and trekking essentials
- Optional cultural visits to **temples, squares, or museums**
- Enjoy traditional **Nepalese cuisine**
- Prepare for **departure or onward travel**

**Difficulty**

Easy

**Max altitude**

1350m

**Accommodation**

Hotel



Meals

Breakfast - Lunch - Dinner

- **Day 16**

Departure from Kathmandu to your destination.

After breakfast at your hotel, you'll be **transferred to Tribhuvan International Airport** for your onward flight. This marks the conclusion of your **memorable Nepal journey**, whether it included trekking, cultural tours, or wildlife adventures.

During the drive to the airport, you can reflect on the **majestic mountains, vibrant cities, ancient temples, and serene landscapes** you experienced throughout your trip. Smooth airport check-in ensures a **stress-free departure**, allowing you to focus on the unforgettable memories you've created.

As you leave Nepal, you carry with you the **beauty, culture, and hospitality** that make this country a once-in-a-lifetime destination.

Highlights of the Day

- Hotel transfer to **Tribhuvan International Airport**
- Reflect on your **Nepal journey and experiences**
- Smooth check-in for your **flight home or onward travel**
- Farewell to **Nepal's mountains, culture, and people**



Difficulty

Easy



Meals

Breakfast

TRIP EXPENSE

TRIP COST INCLUDED

- Airport Pick up and transfers to hotel.
- All accommodation in Kathmandu, Lukla and Trekking.
- Full board meals during the trekking such as : Breakfast, Lunch and Dinner.
- Properly 3 times tea and coffee whatever hot drinks are available.
- Full support crew with 1 porter for every 2 trekkers.
- Experience professional guide and porters.
- Full insurance for guide and porter.
- Domestic flight ticket from Kathmandu to Lukla to Kathmandu.
- Trekking Map and Notebook
- All transportation with AC deluxe from the starting to ending points of the trip.
- National park entry fee and TIMS card or trekking permit whatever needed
- Down Sleeping bag (-20), must be returned after completing the Trek.
- First Aid Kit for staff.
- Trekking achievement certificate after completed the Treks.

TRIP COST NOT INCLUDED

- International flight tickets, Travel insurance and Nepal entry visa fees.
- Lunch and dinner in Kathmandu.
- All hard drinks such as : Mineral water, whisky, rum, cola, fanta, etc.
- Extra entrance fees such as Museum, Monastery, Temple, Boating, etc.
- Personal equipment
- Personal expenses like hot shower and battery charge / wifi.
- Extra night hotel in Kathmandu if arriving late or early departure than scheduled itinerary.
- Any emergency rescue evacuation and extra cost offering from unfavorable circumstance such as weather bad.
- Personal tips for trekking staff.