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Gokyo Lakes And Renjo LA Pass Trek In Nepal

URL: <https://nepalbasecamptreks.com/trip/gokyo-lakes-renjo-la-pass-trek/>

Destination

Nepal

Activity

Treks

Start / End Point

Lukla/Kathmandu

Duration

14

Region

Everest Region Treks

Max. Altitude

5,360m/17,585ft (Renjo La Pass)

Best Season

March, May, September, November

Activity Per Day

4-6 hrs

Transportation

Domestic Flight

Strenuous

Our "Strenuous" trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Overview of Gokyo and Renjo La Pass Trek

The Gokyo and Renjo La Pass Trek are in the Everest region of Nepal, located within the Sagarmatha National Park. Are you planning to see the beauty of Nepal with an easy trekking trail in the Himalayas? Consider this trek. You will get to see the stunning views of **Mount Everest**, **Lhotse**, Makalu, and Cho Oyu throughout the journey will mesmerize you. Also, this trek gives you an opportunity to immerse yourself in the unique **Sherpa Culture** of the people.

The highest point you reach taking this journey is **5,345 meters**, Renjo La Pass. The trek usually starts from Lukla, a small town with an airport that is well-known for its short and thrilling runway. You must go through many remote villages, lush forests, and beautiful valleys to reach the destination. Also, you will get to see the famous clear blue waters lake, Gokyo Lakes. However, be prepared for the challenges you will encounter. You have to make continuous ascends and descends with high-altitude passes, but

the incredible scenery makes it worth the effort.

The Gokyo and Renjo La Pass Trek are best done during the **spring** (March to May) and **autumn** (September to November) when the weather is clear and the views are spectacular. During these months, you will have the best chance to see the mountains and enjoy the beautiful landscapes. You can opt for this trek if you want a thrilling adventure in the Himalayas with the best views of the surrounding areas.

Gokyo Renjo la Pass Trek Highlights

- Crossing the Renjo La Pass at 5,345 meters, offering stunning panoramic views of the Himalayas.
- Visiting the pristine **Gokyo Lakes**, famous for their crystal-clear turquoise waters.
- Climbing Gokyo Ri for breathtaking views of Mount Everest, Lhotse, Makalu, and Cho Oyu.
- Trekking through Sagarmatha National Park, a UNESCO World Heritage Site with diverse flora and fauna.
- Experiencing the unique culture of Sherpa villages like Namche Bazaar and Thame.
- Walking along the Ngozumpa Glacier, the longest glacier in Nepal, with dramatic mountain scenery.

Trip Itinerary

Day 1: Kathmandu: Arrival Day

Today is the first day of your journey when you will arrive in Nepal. Upon your arrival at the Tribhuvan International Airport, you will be treated by one of our staff and then transferred to the hotel. After checking in, you will have the rest of the day to unwind and explore the vibrant city at your own pace. You can visit notable sites like Swayambhunath Stupa or the historic Durbar Square. No matter which place you visit, you will get a taste of Kathmandu's rich cultural heritage.

In the evening, you will attend a briefing about the Gokyo Lakes and Renjo La Pass Trek, where you will receive essential information about the trek ahead. Following the briefing, you will enjoy a welcome dinner at a local restaurant, sampling traditional Nepali cuisine and mingling with fellow trekkers to prepare for the adventure that awaits.

Highest Altitude:

1,400 meters (4,593 feet)

Day 2: Fly to Lukla and Trek to Phakding

Today is the first day of your journey when you will arrive in Nepal. Upon your arrival at the Tribhuvan International Airport, you will be treated by one of our staff and then transferred to the hotel. After checking in, you will have the rest of the day to unwind and explore the vibrant city at your own pace.

You can visit notable sites like Swayambhunath Stupa or the historic Durbar Square. No matter which place you visit, you will get a taste of Kathmandu's rich cultural heritage.

In the evening, you will attend a briefing about the Gokyo Lakes and Renjo La Pass Trek, where you will receive essential information about the trek ahead. Following the briefing, you will enjoy a welcome dinner at a local restaurant, sampling traditional Nepali cuisine and mingling with fellow trekkers to prepare for the adventure that awaits.

Our journey towards the destination starts from today. After breakfast in the morning, we will start our adventure. The bus will come to pick you up, and we will take a ride toward Ramecchap, as the direct flight from Kathmandu to Lukla is not available. From there, we will take a flight towards Lukla, which will take just 15 minutes. Witnessing the bird-eye views of the surrounding landscapes and mountains, we will finally reach the Lukla.

Lukla is the starting point of the trek. Upon reaching there, our trekking journey starts towards Pakhding. The first day of trek is just about 3 to 4 hours. Also, it is not very challenging. On the first day, you will pass through lush green forests with gradual ascends, making it more accessible. Crossing several bridges over the Dudh Koshi River and witnessing distant peaks, we will finally reach Pakhding and make our first teahouse stay here.

Trek Distance:

8 km (5 miles)

Trek Duration

3-4 hours

Highest Altitude:

2,800 meters (9,186 feet)

Flight Hours:

15 min from Ramecchap to Lukla

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 3: Phakding to Namche Bazaar

The real challenging trekking journey starts on the 3rd day of our adventure. To make the most out of the trek and to reach Namche Bazaar on time, we will start our trekking journey early in the morning. We will make a climb steady through beautiful forests and past several suspension bridges. As we ascend, the views will open up to reveal stunning vistas of the surrounding valleys and mountains.

With a walk of about 6 to 7 hours, we will finally reach Namche Bazaar. This place is also one of the major highlights of the trek. Upon reaching here, you can either take a break to your hotel or make a short exploration of the area during the evening. The sunset views over the surrounding landscapes can be mesmerizing. The Namche Bazaar is also a vital place for you to acclimatize. This bustling town amidst the hills is beautiful to explore.

Trek Distance:

11 km (7 miles)

Trek Duration

6-7 hours

Highest Altitude:

3,440 meters (11,286 feet)

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 4: Namche Bazaar: Acclimatization Day

The first acclimatization of the journey at Namche Bazaar is essential. As the elevation starts to increase from here, going with them is essential. During our rest day, we can take a short hike to Everest View Hotel. This is the perfect place for you to visit, with panoramic views of Mount Everest and Ama Dablam. Having a coffee here can be an exciting adventure.

As an alternative, you can also explore the Namche Bazaar. Not involving any hiking, you can visit this vibrant town and enjoy its arts and architecture. You can visit the Sherpa Museum to learn about the region's history and culture or explore the Namche Monastery. Not just that, the place also boasts many cafes and restaurants where you can visit and try local cuisine for more fun activities. Anyway, you can also rest for a whole day.

Trek Distance:

3-4 km (2-3 miles) (optional hikes)

Trek Duration

3-4 hours

Highest Altitude:

3,880 meters (12,730 feet) (during optional hike)

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 5: Namche Bazaar to Dole

As day 5 starts, we have to prepare ourselves for upcoming challenges. After having breakfast, we will start our trekking adventure. Throughout the trail, you will witness the beautiful scenic views. Making your way through many remote villages, rhododendron forests, and picturesque streams, we will finally reach a teahouse where we will have our lunch. After having lunch, the trek starts to get a little more demanding.

Making your way through challenges and taking frequent breaks, we will finally make up to Dole. It is a small charming village. Upon reaching here, you will witness the beautiful views of majestic peaks and clear skies. Offering you a peaceful ambiance, the evening and morning in the village can be breathtaking. After having dinner, we will get to bed early as we have to rejuvenate for our journey.

Trek Distance:

11 km (7 miles)

Trek Duration

5-6 hours

Highest Altitude:

4,110 meters (13,484 feet)

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 6: Dole to Machhermo

We will continue our journey from Dole towards Machhermo. As we take this trail, we will pass through gradual ascends along the Dudh Koshi River. As we start our journey, we will make a steep climb through lush forests. Throughout the journey, you will witness the beautiful views of the surrounding snow-capped mountains, Cho Oyu, the sixth-highest mountain in the world. As we gain elevation, the vegetation will become sparser, transitioning into alpine meadows dotted with grazing yaks.

Today's trail is known for the beautiful views of dramatic landscapes along with towering cliffs and deep valleys. As we get near Machhermo, the terrain becomes stockier and more rugged. Increasing the challenges, we will take a short and gradual hike through steep inclines and occasional stone steps. Finally, we will reach to the Mchhero. Upon reaching here, we will settle in our lodge. This place is perfect if you want to understand the rural Himalayas life and culture of people.

Trek Distance:

8 km (5 miles)

Trek Duration

4-5 hours

Highest Altitude:

4,470 meters (14,665 feet)

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 7: Machhermo to Gokyo

Today's journey takes us to the most beautiful trekking destination of your journey. After having breakfast in Machhermo in the morning, we will start our journey towards Gokyo. The route begins with a gentle ascent. The shortest hiking day of the entire journey will take you through rugged and steep paths, which can definitely be challenging. But the views are just wonderful, making you forget the difficulty you are tackling. Upon reaching the valley, you will start to witness the beautiful lakes reflecting the diverse landscapes and snow-capped mountains.

One of the major challenges you encounter is while crossing the Ngozumpa Glacier. It is also the longest glacier in Nepal, offering steep paths. The terrain on this path is uneven, with loose rocks. You have to be careful while navigating through it. After crossing the glacier, we will finally make it to Gokyo in about 4 hours of climbing. The Gokyo is a beautiful small village situated by the third Gokyo Lake. From here, you will see the beautiful views of Gokyo Ri, Cho Oyu, and the surrounding Himalayan peaks.

Trek Distance:

7 km (4.5 miles)

Trek Duration

4-5 hours

Highest Altitude:

4,800 meters (15,748 feet)

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 8: Gokyo: Acclimatization Day With Option Hike to Gokyo Ri

Day 8 will be an acclimatization day in Gokyo, allowing us to rest and adjust to the high altitude. For those feeling energetic, there will be an optional hike to Gokyo Ri, a prominent viewpoint that offers some of the most spectacular panoramic views in the Everest region. The ascent to Gokyo Ri is steep and challenging, but the reward is worth the effort as the summit provides a 360-degree view of Everest, Lhotse, Makalu, and Cho Oyu.

After reaching Gokyo Ri, we can spend our rest days exploring the beautiful villages or relaxing in the beautiful landscapes. For more exploration of the beautiful views, we can take a walk around the lakes while enjoying the beautiful serenity of the surrounding environment. After some time, we will get back to the valley and have a good rest. As an alternative, you can also be in your bed the whole day and take a break. But our recommendation is to get up and go on a short hike to Gokyo Ri.

Trek Distance:

3-4 km (2-3 miles) (optional hike)

Trek Duration

3-4 hours

Highest Altitude:

5,360 meters (17,585 feet) (during optional hike)

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 9: Gokyo to Maruleng (via Renjo La Pass)

Day 9 will be the **most challenging section** of our whole journey. We will have to cross through the highest altitude place called Renjo La Pass. But we assure you the views you get from here are awe-inspiring. The trail will start with a steep ascent out of Gokyo, climbing through rugged terrain and loose scree to reach the pass at an elevation of 5,345 meters. As we ascend, we will see Gokyo lakes below us and the vast Himalayas ranges.

We will finally reach the highest pass and enjoy the views we get from there. After a short exploration, our descending journey starts. The descent from Renjo La Pass will be steep and demanding, navigating through rocky paths and snow-covered sections. The trail will gradually lead us down into the remote and less-trodden valley of Maruleng. We will see stunning views of Rolwaling Himal and other distant peaks. As we descend, we will pass by glacial streams and alpine meadows before arriving at Maruleng, where we will rest for the night after a long and challenging day.

Trek Distance:

13 km (8 miles)

Trek Duration

7-8 hours

Highest Altitude:

5,360 meters (17,585 feet) (Renjo La Pass)

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 10: Maruleng to Thame

Following the descending next day, we will start our journey from Maruleng to Thame. We will make our way through the Bhote Khosi Valley. As we will be discussing, the trail will be less demanding than other days. We can enjoy the whole journey and take frequent breaks while enjoying the surrounding views. We will pass through rhododendrons and pine forests. Also, there are many streams and small rivers from which we will make our way through.

As we approach near Thame, the landscapes start to open up. We will start to see expansive views of the surrounding peaks and valleys. Thame is a traditional Sherpa village known for its ancient monastery and rich cultural heritage. Here, we will have the opportunity to explore the village and visit the Thame Monastery, one of the oldest in the Khumbu region, before settling into our lodge for the night. This day allows us to relax and enjoy the serene beauty of the Himalayas.

Trek Distance:

10 km (6 miles)

Trek Duration

5-6 hours

Highest Altitude:

3,800 meters (12,467 feet)

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 11: Thame to Namche Bazaar

Retracing our track below, we will start to descend further toward Namche Bazaar, a vibrant, pretty town in the Himalayas. Following a gradual descent, we will make our way through a lush pine forest. The easy trail allows us to enjoy the serene beauty, and the cross over a picturesque suspension bridge is the major highlight of today's trail. Along the way, we will have the chance to experience the quiet beauty of the region. From today, the mountains have started to move a little away.

As we move forward, the trail will begin to climb slightly, reminding us of the elevation gain we have covered over the past few days. The final stretch to Namche will bring us back to the bustling Sherpa capital, where we will be welcomed by the familiar sights and sounds of this vibrant village. Here, we can rest, explore the local markets, or simply take in the breathtaking views of the surrounding mountains.

Trek Distance:

8 km (5 miles)

Trek Duration

4-5 hours

Highest Altitude:

3,800 meters (12,468 feet)

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 12: Namche Bazaar to Lukla

On Day 12, we will make our way from Namche Bazaar to Lukla, marking the final day of our trek. The trail will initially descend steeply through dense forests and across several suspension bridges over the Dudh Koshi River. As we descend further, we will pass through several charming Sherpa villages, including Monjo and Phakding, where we can see the terraced fields and traditional homes that characterize the lower Khumbu region.

The path to Lukla will be familiar, with a mix of ascents and descents that lead us back to where our trek began. We will arrive in Lukla by the afternoon, where we will have time to relax and celebrate the completion of our journey. This will be our last evening in the mountains. It allows us to reflect on our adventures together. We can share our stories with fellow trekkers and enjoy the final night in the Himalayas before our return flight to Kathmandu.

Trek Distance:

19 km (12 miles)

Trek Duration

6-7 hours

Highest Altitude:

3,440 meters (11,286 feet)

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Teahouses

Day 13: Lukla to Kathmandu

After having breakfast in the morning, we will prepare for the final goodbye to the Himalayas. We will then take a 15-minute flight to Ramechhaph. Upon reaching Ramechhaph., we will take a ride back to Kathmandu. As we move forward, we will witness the distinct views of the Himalayas. Following the same route as before, we will simply sit on the bus and relax, reminiscing about the beautiful journey we had in the Himalayas.

Upon reaching Kathmandu, we will get to the hotel. You can rest there for some time and visit the Thamel area for night exploration. Visiting Thamel during the night can be overwhelming and adventurous. For lunch, you can either have it at a hotel or visit the nearby restaurants to grab a tasty bite. Overall, the journey today can not be much tiring compared to other hiking days in the Himalayas.

Trek Duration

4 hours & 30mins (Kathmandu to Ramecchap)

Highest Altitude:

2,800 meters (9,186 feet)

Flight Hours:

15 min from Ramecchap to Lukla

Meals:

Breakfast, Lunch, Dinner (BLD)

Accommodations:

Hotels

Day 14: Kathmandu Departure Day

Today is the final day of your visit to Nepal. After having an adventurous and unforgettable journey in Nepal's Himalayas, it is time to finally say goodbye to the beautiful country. After breakfast, our guide will pick you up and drop you off at the Tribhuvan International Airport. Upon handing over the documentation process, we will finally wave goodbye to each other. Have a safe trip, and remember the beautiful journey we had together. We hope to see you again on your next trip to Nepal. Namaste.

Highest Altitude:

1,400 meters (4,593 feet)

Include

- All Airport Transportation in Kathmandu.
- Flight Fair Kathmandu-Lukla-Kathmandu.
- Choice of meals (10 Breakfast, 10 Lunch, 10 Dinner.) (make this based on trip package itinerary date)
- Choose hot beverages, such as tea, coffee, or ginger tea.
- National Park Permit and Local Permit.
- Mountain guide, Fluent English-speaking.
- Emergency Helicopter Service Available.
- Helicopter Service paid by clients.
- A first aid kit will be available) on trek.
- All government taxes and service charges.

Exclude

- Meals & Hotel in Kathmandu.
- Deserts (cakes, bakes, and pies).

- Any size of Pots Hot Drinks.
- Bottled drinks (Mineral Water).
- Boiled water for Drinking.
- Electronic device recharge.
- Hot shower during the trek.
- Telephone, Laundry, Wi-Fi.
- All Personal expenses.
- Your Travel insurance.
- Your Medical Insurance.
- Tip for Guide and Porter.

Essential Information

Routes Options for Gokyo Renjo La Trek

On the Gokyo Renjo La Trek, we will pass through several beautiful villages. We will start from Lukla and trek to Phakding. Then, we will head to ***Namche Bazaar***, *the largest Sherpa village in the region*. From Namche, we will move towards Dole, which is surrounded by green forests. As we trek higher, we will reach Machhermo, finally arriving at Gokyo, near the stunning Gokyo Lakes.

The terrain on the Gokyo Renjo La Trek will vary from easy to difficult. The trails from Lukla to Namche Bazaar and then to Dole will be easier, with clear paths and gentle climbs. As we move towards Machhermo and Gokyo, the terrain will become steeper and more challenging.

The ***hardest part*** will be the climb to Renjo La Pass, which has steep and rocky paths. This section will require good fitness and preparation, but reaching the top will be very rewarding. After crossing the pass, we will face a tough descent towards Marlung and then back to Namche Bazaar. We will complete our 14-day trek heading back to Kathmandu.

Major Attraction of The Gokyo Renjo La Pass Trek

Gokyo Lakes

The [Gokyo Lakes](#) are a group of six stunning glacial lakes situated in the Sagarmatha National Park. When you trek to these lakes, you will see the crystal-clear, turquoise water that reflects the surrounding snow-capped mountains and blue sky. The lakes are at different altitudes, with the third lake, known as Gokyo Lake or Dudh Pokhari, being the largest and most famous. Upon reaching there, you can just stroll around the lake while enjoying the beautiful scenery, landscapes, and views of the Himalayas. Holding significance for both Buddhists and Hindus, this place is perfect for you if you are looking for a spiritual journey toward the Himalayas.

Gokyo Ri

Standing at an elevation of **5257 meters**, you can reach this viewpoint with just 2 to 3 hours of hike from Gokyo Valley. This is considered to be the most beautiful viewpoint of the Everest region. Upon reaching

there, you will witness the panoramic views of some of the highest mountains in the world. This includes Everest, Lhotse, Makalu, and Cho Oyu. Also, the sunrise and sunset from the viewpoint can capture your heart. If you are taking this route, we suggest you make a short hike toward the Gokyo Ri for more adventurous memories.

Renjo La Pass

Considered the highest altitude place of the entire journey, the Renjo La Pass stands at an altitude of **5,360 meters**. This section of the trek is also considered to be the most challenging part, as the trail is steep and rugged. However, upon reaching there, you will witness some of the breathtaking views of the surrounding areas. The panoramic views of Mount Everest, Lhotse, Makalu, and the Gokyo Lakes below are the major highlights of the journey you can ever witness. This is one of the most perfect spots for you to take a picture. We assure you that you will appreciate everything upon reaching there.

Ngozumpa Glacier

If you do not know, then let us make clear that the longest glacier in the Himalayas also lies on this trekking route. Stretching over 36 kilometers, you will make your trek alongside this massive glacier. It will amaze you with its size and rugged, icy landscape. This incredible natural wonder has crevasses, icefalls, and large boulders scattered across its surface. This trekking part offers you a unique opportunity to learn about the glacial formation. You can witness firsthand the effects of climate change on these ancient ice fields.

Sherpa Culture and Villages

Throughout the Gokyo Renjo La Pass Trek, you will pass through several Sherpa villages, which offer a rich cultural experience. When you visit villages like Namche Bazaar, Dole, and Machhermo, you will have the chance to meet the Sherpa people, known for their mountaineering skills and warm hospitality. You can explore traditional houses, visit local monasteries, and observe daily life in these remote communities. You can also interact with the people and understand this unique culture while exploring the beauty of the surrounding areas.

Best season for Gokyo Lakes and Renjo La Pass Trek

The best seasons for the Gokyo Lakes and Renjo La Pass trek are **Spring** (*March to May*) and **Autumn** (*September to November*). During these seasons, you will notice favorable weather conditions. In spring, the climate is clearer, giving you the best views of the surrounding area. Also, the blooming rhododendrons and other wildflowers add vibrant colors to your journey. The stable temperature and mild weather are something that caters to your trekking needs.

Similarly, Autumn is also ideal as it offers you crisp, clear skies. As spring this season also provides you with stunning panoramic views of the mountains and valleys. The stable weather during this season ensures the paths are less muddy and slippery, making the trek easier to navigate. Moreover, the **moderate temperatures** during both Spring and Autumn make the journey comfortable, as trekkers can enjoy the trek without facing the extreme cold of winter or the heavy rains of the monsoon.

Choosing to trek during these seasons also means encountering fewer crowds compared to the peak trekking season in the [Everest region](#). It allows you to have a more serene and immersive experience. Whether you are walking along the turquoise Gokyo Lakes or crossing the challenging Renjo La Pass, the

natural beauty of the region is at its best during Spring and Autumn.

Accommodation facilities

During the Gokyo Lakes and Renjo La Pass trek, you will find accommodation primarily in **teahouses**, which offer basic yet comfortable facilities. *Most teahouses provide clean rooms with twin beds, blankets, and pillows, ensuring a cozy place to rest after a long day of trekking.* In the lower altitude areas, you will often have access to **running water** and **electricity**, making it easier to recharge your devices and freshen up. Some teahouses even offer hot showers for an additional fee, allowing you to enjoy a warm bath after a day on the trail.

As you ascend to higher altitudes, the amenities might become more limited. Running water may be available but can be cold, and electricity might be limited to a few hours in the evening, typically powered by **solar energy or generators**. Despite these limitations, the teahouses along the route are known for their warm hospitality, and you will still have a comfortable place to rest, with the added charm of being in the heart of the Himalayas. It is advisable to bring a **power bank** and some extra layers for warmth, especially in higher altitude regions where facilities might be more basic.

Food and Water

On the Gokyo Lakes and Renjo La Pass trek, you will find that **teahouses** provide a **variety of food options**. Food helps you to keep well-nourished throughout your journey. You can *enjoy hearty meals like **dal bhat (lentil soup with rice)**, momos (dumplings), and noodle dishes.* Many teahouses offer both Western and traditional Nepali dishes, so you can choose according to your preferences. Foods are prepared with fresh ingredients. If you have any dietary preferences, make sure you consult your guide prior.

When it comes to water, you can usually **purchase bottled water** at teahouses, but it is *recommended to carry a **water purification system** or tablets for added safety.* In the lower altitudes, you might also have access to boiled water, which is safer than untreated sources. As ascending higher, the water sources become scarcer. So, it is advised that you bring enough purifier water for your needs. You also always remember to drink water throughout the journey, especially in higher altitudes.

Trip Grade

The Gokyo Lakes and Renjo La Pass trek is **moderate to challenging**. This rating is due to several factors: altitude, terrain, duration, and fitness level. You will reach altitudes of up to 5,360 meters (17,585 feet) at Renjo La Pass, which requires good acclimatization to avoid altitude sickness. The trek involves significant elevation gain, making altitude acclimatization crucial.

With varied terrain ranging from gentle slopes to steep ascents and descents, *the **Renjo La Pass** is the **most difficult** section of the trekking journey.* It requires a good level of physical stamina and endurance. While the paths are well-trodden, the rugged conditions demand careful navigation. The trek typically takes around 14 days, requiring you to be physically healthy. To successfully complete the trek, you should do regular cardiovascular and strength training.

Risk of Altitude Sickness

On the Gokyo Lakes and Renjo La Pass trek, the risk of altitude sickness is a significant concern due to the high elevations you will encounter. As you *ascend above 3,000 meters (9,800 feet)*, your body has to adjust to the reduced oxygen levels. Thus, it can lead to headaches, dizziness, nausea, and shortness of breath. *The trek reaches 5,360 meters (17,585 feet) at Renjo La Pass*, where the risk of altitude sickness is higher.

To minimize this risk, you can follow the below-mentioned tips:

- Ascend gradually to give your body time to acclimatize to higher altitudes.
- Take acclimatization days at key points, such as Namche Bazaar and Gokyo, to adjust to the altitude.
- Stay hydrated by drinking plenty of water throughout the trek.
- Eat well-balanced meals to maintain energy and support your body's acclimatization process.
- Recognize and respond to early symptoms of altitude sickness, such as headaches or nausea.
- Descend promptly if symptoms of altitude sickness become severe or persistent.

Documentation and permits

For the Gokyo Lakes and Renjo La Pass trek, you will need specific permits: Sagarmatha National Park Permit and Khumbu Pasang Lhamu Rural Municipality Permit. Both permits are essential for ensuring you have legal access to these areas. You should always carry these permits with you during the trek, as they will be checked at various points along the trail.

Sagarmatha National Park Permit:

This permit is required to trek in Sagarmatha National Park. As Gokyo Lakes and Renjo La Pass are within the national park, getting this permit is necessary. You can obtain the Sagarmatha National Park permit in Kathmandu at the Nepal Tourism Board office or at the park entrance in Monjo. The permit costs approximately **USD 30** per person for foreign nationals. The fee may vary slightly, so it is a good idea to check current rates before your trek.

Khumbu Pasang Lhamu Rural Municipality Permit:

The permit is necessary for trekking in the Khumbu region, which covers areas outside the Sagarmatha National Park. It includes some parts of the trail to Gokyo Lakes. You can obtain the Khumbu Pasang Lhamu Rural Municipality permit in Lukla or in Kathmandu at the permit office. The permit costs around **USD 20** per person. Like the Sagarmatha permit, it's wise to confirm the current cost before departure.

Travel Insurance

When undertaking the Gokyo Lakes and Renjo La Pass trek, having comprehensive travel insurance is essential for your safety and peace of mind. You should make sure that the policy you book offers coverage for altitude activities, medical evacuation, and repatriation. All these are necessary for handling any complicated issues that may occur during the trek. Ensure you find insurance that offers coverage for altitude sickness, trip cancellation, lost baggage, and any other mishap that might occur.

Travel insurance protects spending and budget, but it also provides security in case of any eventualities. As with any other insurance policy, ensure that you read all policy documents carefully and ensure that

the policy in question meets the details of your trek. Carry a copy of your insurance details with you and keep it accessible, as it may be needed for any emergency situations or when seeking medical assistance along the trail.

Preparation For the Trek

To get ready for the Gokyo Lakes and Renjo La Pass trek, you should *start by focusing on your fitness*. Doing cardio exercises like running or biking helps to build stamina. You can also add strength training to strengthen your legs and core. Try to go on long hikes with a backpack to get used to carrying weight and walking on uneven ground. It is also helpful to hike at higher altitudes if you can so your body can adjust to the thinner air.

Make sure to *organize your **gear and documents** ahead of time*. You should check that you have all the necessary permits and insurance for the trek. Pack your gear carefully. You must ensure you have everything, from a warm sleeping bag and proper clothing to trekking poles and snacks. Know the trek schedule and potential health issues, and talk to a doctor if needed. Proper preparation helps you to enjoy the trek and stay safe.

Packing Gears and List

- Trekking Boots
- Warm Sleeping Bag
- Insulated Jacket
- Layered Clothing
- Waterproof Jacket and Pants
- Trekking Poles
- Backpack Hat and Gloves
- Sunglasses
- Headlamp
- Water Bottle or Hydration System
- Water Purification Tablets
- First Aid Kit
- Personal Toiletries
- Sunscreen and Lip Balm
- Camera and Binoculars
- Snacks
- Travel Documents
- Cash
- Portable Battery Charger

FAQs

How long does the Gokyo Lake and Renjo La Pass Trek take?

To complete the Gokyo Lake and Renjo La Pass Trek, you need about 12 to 16 days. The total distance

you will cover is 92 km (52 miles). The challenges in the journey can increase the number of days.

What is the maximum altitude reached on the Gokyo Lakes and Renjo La Pass Trek?

The maximum altitude reached on the Gokyo Lakes and Renjo La Pass Trek is Renjo La Pass at 5,345 meters. This high point offers spectacular panoramic views of the surrounding Himalayan peaks. Trekkers should be well-prepared for the altitude and its potential effects on the body.

Is prior trekking experience required for the Gokyo Lakes and Renjo La Pass Trek?

Prior trekking experience is not mandatory, but it is helpful for navigating challenging terrain. A good level of physical fitness and preparation for high-altitude trekking is essential. Trekkers should be comfortable with long days of hiking and changing weather conditions.

What should I pack for the Gokyo Lakes and Renjo La Pass Trek?

Pack warm clothing, including layers, a good-quality sleeping bag, and a down jacket to handle cold temperatures. Essential gear includes sturdy trekking boots, trekking poles, and a first aid kit. Don't forget water purification tablets, snacks, and a headlamp with extra batteries.

Is it safe to drink water at the Gokyo Lakes and Renjo La Pass Trek?

It is not safe to drink untreated water from streams or taps along the trek. Always use water purification tablets or boil the water before drinking. Bottled water is also available but can be expensive and less environmentally friendly.

Will I have access to Wi-Fi and charging facilities on the Gokyo Renjo La Pass Trek?

Wi-Fi and charging facilities are available at some tea houses along the trek, but they can be slow and unreliable. It is recommended that you bring extra batteries and power banks for your devices. Wi-Fi access may also incur additional fees.

Can I trek alone, or do I need a guide for the Gokyo Lakes and Renjo La Pass Trek?

While it is possible to trek alone, hiring a guide or porter is recommended for safety and local expertise. A guide can assist with navigation, provide insight into local culture, and handle logistics. Solo trekkers should be experienced and well-prepared for remote and challenging conditions.

How can I prevent altitude sickness during the Gokyo Lakes and Renjo La Pass Trek?

To prevent altitude sickness, acclimatize by gradually ascending and taking rest days at higher elevations. Stay well-hydrated, avoid alcohol, and eat light meals. Listen to your body and descend if

symptoms of altitude sickness occur.

Are there ATMs along the Gokyo Lakes and Renjo La Pass Trek route?

ATMs are available in Namche Bazaar, but their reliability can vary. It is advisable to carry sufficient cash for the entire trek, as ATMs in more remote areas may not be accessible. Plan accordingly to avoid running out of money.

Is it possible to trek in the winter or monsoon seasons for the Gokyo Lakes and Renjo La Pass Trek?

Trekking in winter can be very cold and challenging due to snow and ice. The monsoon season brings heavy rains, making trails slippery and increasing the risk of landslides. The best times to trek are during the spring and autumn for stable weather and clear views.

Address

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