

Gokyo Valley Renjo La Pass trek-16 Days (all-inclusive)

3 Star Hotel Package

2070^{USD}
per person

*Including healthy meals

5 Star Hotel Package

2290^{USD}
per person

*Including healthy meals

Trip Style: City Tour & Trekking



Trip Difficulty: Moderate

If you are looking for the sublime mountains, chocolate-box landscapes, earthy trails, sweet chirping birds welcoming you into their lush forest homes and the sparkling blue skies with the sunshine lighting up the peaks in the horizons, and the flora and fauna to keep you company with nothing else but the sounds of nature that envelop your surroundings, then [Gokyo Valley](#) hiking venture takes you where only the selected few dares to tread. You've made a choice that's challenging and gritty, but the rewards are something about a world you've never known unless you've had b/fast with the birds. Be a part of our well-thought itinerary that knows what the adventure seeker loves and will go the mile for a climbing experience of a special kind.

We begin from the gentle foothills of the Khumbu [Gokyo Renjo La Pass Trek](#) at our pace through pretty Sherpa villages and fertile yak pastures as we pour out into the amazing Gokyo valley with its fresh clean water lakes, leaving you gasping for breath with the aura of its natural beauty; from where we clamber up to Gokyo Ri for grandstand views of Everest and some famous peaks that include Cho Oyu right across the border in Tibet. Our venture extends into an alpine country as an attempt to cross the Renjo La pass which gives us clearer cut views of the soul of Everest with astonishing beauty, gleaming lakes that will set the adrenaline on top gear for an expedition you perhaps hadn't expected. It's nerve-tingling as we watch the views while meandering our way to the heights of the pass at 5400m. [Gokyo Renjo La Pass Trek](#) is one venture you'd not want to miss, ever.

The Khumbu region is a treasure trove for adventure seekers. With 4 of the world's highest peaks - Everest, Lhotse, Makalu, and Cho Oyu, and many lesser-known yet famous peaks, it is an ideal destination for those who seek thrills with little risk. The landscapes here are breathtaking, and the heartlands of legendary climbers - **the Sherpas** - offer us a glimpse into their way of life. Trekking in this region is an unforgettable experience that culminates in a visit to the Sagarmatha National Park, the world's highest national park and a UNESCO World Heritage site. After an exhilarating journey through the **Gokyo valley and Renjo La Pass Trek**, we return to Namche for a hot water bath before heading down to Monjo/Phakding and Lukla. Come, be a part of this exceptional adventure in one of the world's most famous destinations for adventure.

How is our package special and different from other companies ?

- **Accommodation Quality:** Throughout our 15-night, 16-day Gokyo Renjo La Pass trek, we prioritize your comfort with meticulously selected lodgings. Preceding and following the trek, indulge in a total of 4 nights at premier city hotels—2 nights before and 2 nights after the trek. Amidst the trek, we guarantee your mountain stay is as comfortable as possible. You'll spend 11 nights in thoughtfully chosen lodges, boasting top-notch facilities. For 8 of these nights, enjoy rooms with attached bathrooms in lodges, ensuring the luxury of hot showers. We are dedicated to making every facet of your journey unforgettable, with the quality of your accommodations being paramount for a truly delightful and revitalizing experience.
- **Nourishing Meals for Your Well-being:** Your health is our utmost concern throughout the trek. We are dedicated to providing abundant and hygienic meals, going beyond the ordinary to ensure your satisfaction. Our unique approach allows you the flexibility to choose from the lodge menu, catering to your specific tastes and preferences—unlike many other companies that impose limited options. Recognizing the pivotal

role of nourishing meals in fueling your trek, our Sherpa guides personalize your dining experience, empowering you to tailor selections to your liking. Furthermore, we take pride in offering unlimited food and hot drinks, acknowledging the importance of sustaining high energy levels for a successful and enjoyable trek. We understand that quality food and ample rest are essential components for an unforgettable trek. By placing your dietary needs and preferences at the forefront, we strive to elevate your overall experience, ensuring both the pleasure and triumph of your Gokyo Renjo La Pass adventure.

- **Carefully Planned Schedule:** Our Gokyo Valley Renjo La Pass trek itinerary from MST is meticulously designed, incorporating a day in Kathmandu before the flight to Lukla. This provides a chance to rejuvenate after an extended flight and acclimate to the new time zone. Moreover, we've included a contingency day at the trek's conclusion, a vital buffer for potential flight disruptions from Lukla. This well-constructed itinerary prioritizes proper acclimatization, reducing the likelihood of altitude sickness and ensuring the success of your trek.

DURATION: 16 days

Trip Facts

Trek Region

- Everest Region Nepal
- Gokyo Valley/Renjo la Pass

Maximum Altitude

- Gokyo Ri/Peak
- (5,357 Meter/17,575 Ft)

Trip Durations

- 15 Nights/16 Days
- Kathmandu To Kathmandu

Suitable For

- Couples, Family Or Friends
- Solos Private Trek

Accommodations

- Luxury Hotels In City
- Best Local Sherpa Lodge

Meals

- Daily Breakfasts In City
- 3 Meals daily During Trek

Service Level

- Reliable & friendly
- Authentic sherpa guide

Best Time to Travel

- Spring: (February to May)
- (September to December)

ITINERARY

Day 01:: Arrival in Kathmandu Airport and transfer to hotel

Welcome to Nepal, the land of the **majestic Himalayas** and vibrant culture! As you fly into Kathmandu, the breathtaking views of snow-capped mountains will leave you in awe and set the tone for a memorable vacation ahead. Our team at **Mountain Sherpa Trekking** will be eagerly waiting to welcome you as soon as you land at Tribhuvan International Airport. Our friendly representative and driver will escort you to your designated hotel, where you can freshen up and relax after your flight.

Once you're settled in, we will provide you with a comprehensive briefing about your daily activities, so you can make the most of your time here in Nepal. And, in the evening, we will introduce you to your experienced trek guide, who will provide all the details you need for your upcoming adventure.

As the day winds down, you are free to explore the vibrant neighborhood and immerse yourself in the rich local culture. The ancient city of Kathmandu, known for its awe-inspiring temples, is sure to leave you enchanted. Your first night in this city of temples promises to be a comfortable and cozy one. So, enjoy a good night's rest, as tomorrow brings with it an exciting start to your tour in the Himalayas! Breakfast is included, so fuel up for the adventure ahead.

Day 02:: Half day of Kathmandu City- Overnight Stay at hotel

Welcome to Kathmandu, the city of temples and a cultural hub of Nepal! After a comfortable overnight stay and a

hearty breakfast, we will embark on a half-day tour of two of the most iconic sites in the city. This tour will not only give you a glimpse into the rich cultural heritage of Nepal but also help you recover from jet lag and prepare for your upcoming trek.

Our first stop will be the Swayambhunath Temple, popularly known as Monkey Temple. This iconic temple complex is located atop a hill and offers stunning views of the Kathmandu Valley. As you climb up the hill, you'll encounter playful monkeys who are considered sacred by the locals. This half-day tour will be a perfect opportunity for you to soak in the local culture and traditions.

Next, we will head to the UNESCO World Heritage site of Kathmandu Durbar Square. The square is a testament to Nepal's rich history and cultural heritage, and it's home to several stunning palaces, temples, and courtyards that date back to the 12th and 18th centuries. This tour will give you a glimpse into Nepal's fascinating history and culture.

After the tour, you'll have the rest of the day to relax and prepare for your upcoming trek. You can use this time to acclimatize to the altitude, purchase any last-minute gear, or simply explore the city at your own pace. We recommend visiting Thamel, the tourist hub of the city, to pick up some souvenirs or to try out some of the local delicacies.

In the evening, we will treat you to the best cultural dinner in the city. You'll get to experience traditional Nepali cuisine, music, and dance, all while enjoying the company of your fellow trekkers. This dinner will be a perfect opportunity for you to bond with your group and learn more about the local culture.

After a satisfying dinner, we can retire early to bed, knowing that we are well-rested and prepared for the adventure that awaits us. Breakfast will be served before we start the tour, so you can fuel up for the day ahead. We hope that this half-day tour and cultural dinner will be a memorable start to your Nepali adventure!

Day 03:: Fly to Lukla & Trek to Phakding (2,610m/8,561ft)-lodge

After enjoying a good night's sleep, we wake up early and head to the domestic terminal of Kathmandu airport for an early morning flight to Hillary's Lukla. Situated at an altitude of 2,800m/9,186ft, Lukla is the starting point of our trek and serves as a gateway to the majestic mountains of the Everest region.

Our 30-minute scenic flight takes us above the stunning green and white mountains, providing us with breathtaking views of the Himalayan range. The Tenzing-Hillary Airport at Lukla is considered one of the most beautiful sky routes in the world and the landing on a hillside surrounded by high mountain peaks is truly remarkable.

During peak trekking season in Nepal, flights to Lukla may be diverted from Kathmandu to the Ramechhap, Manthali airport due to congestion. We provide comfortable transfers from Kathmandu to Manthali, from where you can catch a flight to Lukla and start your trek. Alternatively, we also offer helicopter flights directly to Lukla for a quick and efficient journey with stunning views of the Himalayas. For more information on our helicopter flights, visit our website's [Lukla flights](#) page.

Upon arrival at Lukla, we meet our other crew members and start our trek through the picturesque village of Lukla. Our destination for the day is Phakding, which is located at an altitude of 2,652m/8,698ft and is approximately 8km/5 miles from Lukla. To assist with acclimatization, we will have a short hike today. However, if you are interested in additional activities, we can take a side trip to a nearby monastery. During our trek to Phakding, we will be surrounded by stunning landscapes and scenic views of the Himalayas. The village of Phakding is situated on the banks of the Dudh Koshi River and offers beautiful views of the surrounding mountains. This will be our first overnight stay during the trek.

All meals, including breakfast, lunch, and dinner, will be provided during the trek. As we gain altitude, it is important to stay hydrated and well-fed, and our experienced Sherpa guides and crew members will ensure that we have access to fresh and healthy meals throughout our journey. This first day of trekking will be a perfect

opportunity for us to acclimatize to the altitude and get a taste of the stunning landscapes that await us on this adventure of a lifetime.

Day 04:: Trek to Namche Bazaar (3,440m/11,283ft)-stay at lodge

The journey to Namche Bazaar is a true adventure, taking us through a stunning pine forest and along the glistening Dudh Koshi River. As we make our way across several suspension bridges, including the famous Hillary Suspension Bridge, we are treated to breathtaking views of Mt. Thamserku (6618m) in all its glory.

Passing through charming villages like Benkar, Chumoa, and Monjo, we eventually reach the check post and entrance to Sagarmatha National Park. Here, we have the opportunity to immerse ourselves in the natural beauty of this incredible region, with its lush forests and towering mountain peaks.

As we continue our ascent towards **Namche Bazaar**, the trail becomes steeper and more challenging. But the reward is worth it: after a final ascent of about two hours, we catch our first glimpse of Mt. Everest peeking over the Lhotse-Nuptse ridge. We pause to take in the stunning scenery from the vantage point of Chautara, before continuing on for another 1.5 hours to reach Namche Bazaar.

Known as the "Las Vegas of the Khumbu," Namche Bazaar is a bustling hub of activity and the main trading center for the region. Here, we can rest and recharge before continuing on our journey towards the world's highest peak. With its stunning natural beauty and rich cultural heritage, the trek to Namche Bazaar is an experience that will stay with you for a lifetime.

Day 05:: Acclimatization Day in Namche Bazaar-Stay at lodge

As we continue our ascent towards Namche Bazaar, we take advantage of the opportunity to acclimatize to the higher altitude by hiking a few hundred feet upwards during the day. This helps to prepare our bodies for the higher elevations we will encounter later on in the trek.

One of the highlights of our time in **Namche Bazaar** is a visit to the Tourist Visitor Center near the Sagarmatha National Park headquarters. Here, we have the chance to delve deeper into the rich history of the first Everest ascenders and learn more about the fascinating Sherpa culture. We also get some incredible insights into the unique plant and animal life of the Everest region, adding to our understanding of this incredible environment.

For those who are feeling up to it, there are also options to take a stroll up to Khumjung and climb up to the famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel, a stunning Japanese-designed hotel with incredible views of the highest mountains on the planet.

The Khumjung valley itself is a true marvel, surrounded by the snowy peaks of Kongde and Thamserku and the holy peak of Khumbila, which hosts a well-known monastery that is also home to the legendary yeti scalp. We even have the chance to visit the Hillary School, located on the same site and named after the famous Everest explorer.

Day 06:: Trek to Mongla (3,973 m/13,032 ft)-Stay in Lodge

As we embark on today's trek, we are met with a challenging ascent that will push our limits and test our endurance. The trail takes us to Mongla, a hidden gem nestled on the spur of Mt. Khumbila. The charm of this place is simply captivating, and we can't wait to explore its rich history and culture.

Upon arrival at Mongla, our eyes are immediately drawn to the ancient Chorten that stands at the center of the settlement. The structure has stood the test of time, bearing witness to the history and traditions of this mystical land. We take a moment to soak in the serene surroundings and reflect on the significance of this cultural landmark.

As we indulge in a hearty lunch, we are greeted with breathtaking views of the surrounding snow-capped mountains and valleys. The sight is truly a feast for the eyes, and we feel humbled to witness the grandeur of nature

at its finest.

The trail today is teeming with life, and we can't help but marvel at the abundance of plant and animal vegetation. The wildflowers and Rhododendrons are a sight to behold, painting the landscape with vibrant colors and hues. We keep our eyes peeled for the elusive musk deer, mountain goats, and pheasants that roam freely in this pristine environment.

Traversing through lush forests, we are serenaded by the sound of cascading waterfalls and the gentle rustling of leaves. The bridges we cross offer a thrilling experience, providing a glimpse of the raw beauty of this natural wonderland.

As the day comes to an end, we arrive at Mongla, our overnight stay. The warm hospitality of the locals is a welcome treat, and we feel at home amidst the rustic charm of the village. Our spirits are high, and we can't wait to see what adventures tomorrow has in store for us.

Day 07:: Trek to Machhermo (4,470m/14,665ft)-Stay in Lodge

Today's trek is a challenging one, as we make our way to Machhermo, situated at an altitude of 4,470m/14,665ft. The trail takes us through a picturesque landscape, with breathtaking views of snow-capped peaks. We start our trek with a gradual ascent, making our way through dense forests and meadows. The air is crisp and fresh, and the silence is only broken by the sound of our footsteps and the occasional bird call. We stop for a short break to catch our breath and take in the stunning views of the surrounding mountains.

As we continue our ascent, the terrain becomes steeper and more challenging. We traverse through rocky outcrops and boulder fields, carefully picking our way across the uneven terrain. The altitude starts to take its toll, and we find ourselves pausing more frequently to catch our breath.

But the effort is well worth it, as we are rewarded with breathtaking views of the surrounding peaks. The sun glints off the snow-capped mountains, casting a warm glow over the landscape. The glaciers sparkle in the sunlight, and we feel humbled by the sheer scale and grandeur of nature.

Finally, after several hours of trekking, we arrive at Machhermo, our destination for the day. The village is nestled in a sheltered valley, surrounded by towering peaks. We are welcomed by the warm hospitality of the locals, and we settle in for the night, grateful for the opportunity to experience the beauty and wonder of this magical land.

Day 08:: Trek to Gokyo (4,790m/15,715ft)-Overnight stay in Lodge

Today, we set out on a trek from Machhermo to Gokyo, a journey that promises to be both exhilarating and challenging. We will be trekking at high altitudes, so it's important to pace ourselves and take frequent breaks to acclimatize to the altitude.

We start early in the morning, leaving Machhermo behind as we make our way towards Gokyo. The trail takes us through a rocky and rugged terrain, with steep inclines and declines that demand our full attention.

As we trek higher, the altitude increases, and we start to feel the effects of the thin air. We take frequent breaks to catch our breath and take in the stunning views of the surrounding mountains, which seem to get bigger and more imposing with each passing step.

We pass through several small settlements along the way, each with its own unique charm and character. We also cross several streams and bridges, which add an element of adventure to our trek.

After several hours of trekking, we finally arrive at **Gokyo**, situated at an altitude of **4,790m/15,715ft**. The village is nestled beside a beautiful lake, with snow-capped peaks towering in the distance. The air is crisp and fresh, and we feel a sense of awe and wonder at the sheer scale and beauty of this magical place.

We take some time to explore the village and its surroundings, taking in the breathtaking views and marveling at the natural wonders that surround us. The Gokyo Ri, a nearby peak that offers stunning views of the Himalayas, is a popular trekking destination, and we make plans to tackle it tomorrow.

As the day comes to a close, we settle in for the night, grateful for the opportunity to experience the majesty and wonder of this extraordinary place.

Day 09:: Hike to Gokyo Ri (5,357m/17,575ft) & Back to Gokyo

The hike to **Gokyo Ri** starts from the village of Gokyo and leads up a steep path to the summit of the mountain, offering panoramic views of the surrounding region, including Everest, Lhotse, and Makalu. Although considered challenging due to the altitude and steepness of the climb, the experience is worth the effort.

After reaching the summit, you will return to Gokyo for an overnight stay. The descent can be just as challenging as the ascent, as the steep path requires careful footing and a steady pace. The entire hike can take between 3 to 5 hours, depending on the hikers' fitness level and the trail conditions. Our **expert Sherpa guide** will accompany you and take care of everything along the way.

Indeed, the hike to Gokyo Ri is a rewarding experience for those up to the challenge. The stunning views of the Himalayas and the sense of accomplishment after reaching the summit make it a memorable trek.

Day 10:: Trek to Lungden via Renjo La Pass (5,360m/17,585ft)

It is essential that we take a break at dawn today as we have a long trek ahead of us. We need to trace our trail up to Lunde after conquering Renjo La, and as there is no alternative to Lunde for overnight stay, we must start early. From the Gokyo Valley, we leave the main trail and turn towards Renjo La trail, located by Dudh Pokhari. After hiking for about 3 hours, we reach the Renjo La pass, which stands at an altitude of 5,340 meters or 17,520 feet, where a dazzling vista awaits us.

From Renjo La, we can see the majestic peaks of Everest, Lhotse, Cholatse, and Taboche shining in the sun. The views from Renjo La are similar to those from **Gokyo Ri**, with the third Gokyo Lake and Gokyo Village lying beneath the gray smear of Ngozumpa Glacier. After taking in the breathtaking views, the trail winds down a stone staircase and then scrambles over loose scree to reach the south bank of a small lake called Angladumba Tsho. However, the presence of ice on the trail while descending can make the trek a bit dangerous.

Along the way, we pass by Relama Tsho and Renjo Lake. Further down, we walk through a narrow valley clogged with giant boulders to reach Lunde, where there is a support lodge. However, it's important to note that the lodge may be closed often. If this is the case, we need to walk for another hour from Lunde to reach Marlung, located on the east bank of the Bhote Kosi river. The overnight stay will be at either Lunde or Marlung, depending on the lodge's availability.

Indeed, the trek to Renjo La is a challenging yet rewarding experience, with stunning views of the Himalayan peaks and the tranquil lakes along the way. The high altitude and presence of ice on the trail make it essential to have an experienced guide to ensure a safe and enjoyable trek.

Day 11:: Trek to Thame (3,820m/12,532ft)-Overnight stay in Lodge

As we make our way west from Lunde, the trail takes us on a fascinating journey through the Bhote Kosi Valley. This valley was once a bustling trading route into Tibet, and even today, we can see remnants of its rich history and culture in the form of prayer flags and mani stones that dot the landscape.

The significance of Tibetan Buddhism in this region is hard to miss, and as we make our way towards Thame, we are treated to a feast for the senses. The sights, sounds, and smells of this unique cultural milieu are everywhere around us, transporting us to a world that is both exotic and enchanting.

The climb up to **Thame** is steep, but the effort is well worth it. As we ascend, we are treated to stunning views of some of the most magnificent peaks in the region. Teng Kangpoche and Kwangde, with their majestic snow-capped peaks, dominate the horizon, while the Nangpa La pass leading to Tibet beckons us with its mystique and intrigue.

As we arrive in Thame, we are greeted by the sight of the Thame Gompa, a magnificent temple perched atop a hill overlooking the valley below. This is the site for the famous spring celebrations of the Mani Rimdu festival, a time when locals come together to celebrate their heritage and culture in a riot of color, music, and dance.

After a long day on the trail, we are ready to crash out in Thame for the night. But as we settle in, we know that we are in for an unforgettable experience, one that will stay with us long after we leave this enchanting valley behind.

Day 12:: Trek to Namche Bazaar (3,440m/11,283ft)-stay in Lodge

The trek from Thame village to Namche Bazaar is a beautiful and scenic route that offers breathtaking views of the Himalayan landscape and takes you through charming Sherpa villages and Buddhist monasteries.

Starting from Thame village, the trek initially follows a gentle ascent through the lush green forests of pine and rhododendron trees. The trail then opens up to stunning vistas of the surrounding mountains, including Ama Dablam, Thamserku, and Kangtega.

As you continue trekking, you will pass through traditional Sherpa settlements such as Thamo and Samde, where you can stop for a rest and interact with the friendly locals. Along the way, you will also have the opportunity to visit the famous Thame Gompa, an ancient Buddhist monastery that dates back to the 16th century.

After crossing a few suspension bridges and ascending some steep hills, you will finally reach Namche Bazaar, the bustling market town and gateway to the Khumbu region. Here, you can explore the colorful markets, visit the local museums, or simply relax and take in the stunning views of the surrounding mountains. Definitely, the trek from Thame village to Namche Bazaar is a delightful experience that combines natural beauty, cultural immersion, and adventure.

Day 13:: Trek Lukla (2,860m/9,383ft)-Overnight stay in lodge

The trek from **Namche Bazaar to Lukla** is a captivating journey that unfolds amidst the breathtaking scenery of the Himalayan mountain range and lush valleys. Commencing in Namche Bazaar, the trek begins with a descent down a steep hill, navigating through dense rhododendron and pine forests. This picturesque route introduces trekkers to the charm of small villages, offering opportunities to engage with locals and immerse in their distinctive culture.

Traversing the trail involves crossing several suspension bridges over the **Dudh Koshi River**, treating trekkers to awe-inspiring views of the river and the surrounding landscapes. Throughout the journey, the majestic Mount Everest and other towering peaks grace the horizon, providing a stunning backdrop to the adventure.

Picture yourself amidst a cool breeze, surrounded by open plains, vibrant rhododendron and pine forests, and distant snow-covered peaks—an experience etched in memory. Walking at your own pace allows you to appreciate the Sherpa villages adorned with symbols of Buddhism, such as prayer stones and flags. These sights reflect the Sherpa people's profound connection with spirituality and their rich cultural heritage.

Upon reaching Lukla, a sense of pride and accomplishment sets in, acknowledging the tested endurance and strength throughout the trek. Take a moment to relax, savoring the satisfaction of completing a remarkable journey. In Lukla, your local Sherpa guide ensures a seamless journey home by re-confirming flight tickets. The evening unfolds with a delightful dinner shared with your crew, marking the trek's conclusion on a joyous note. Celebrate the bonds formed during the expedition, crafting enduring memories.

Retiring for the night in a cozy lodge, a contented smile accompanies your sleep. The journey may be concluded, but the indelible memories of this trekking experience linger, ensuring that the adventure remains etched in your

heart forever.

Day 14:: Fly to Kathmandu & Transfer to hotel, relax after Long Trip

After fulfilling breakfast, we'll catch our flight back to Kathmandu, marking the end of our long mountain journey. The early morning flight will give us a chance to soak in the stunning aerial views of the Himalayan landscapes one last time before we reach Kathmandu.

Once we arrive in Kathmandu, we can spend the rest of the day at our hotel, relaxing and unwinding after our exhilarating trek. If you're interested, you can visit some nearby shops or explore the bustling streets of Thamel to find unique Nepalese goods for your loved ones back home. Our guides from Mountain Sherpa Trekking and Expeditions will be happy to assist you in this endeavor, or you can choose to explore on your own.

If you wish to explore any other areas in Kathmandu, this is the perfect opportunity to do so. Take your time and indulge in the rich cultural and historical heritage of the city.

Day 15:: A contingency day is allocated in case of flight delays due to bad weather

The extra night in Kathmandu is a valuable safety precaution, providing reassurance in the event of potential delays in your flight from Lukla to Kathmandu. This strategic addition ensures a buffer of time, safeguarding your travel plans and enabling a smooth continuation of your journey without disruptions.

Beyond its practical purpose, the additional night in Kathmandu opens up a fantastic opportunity to maximize your experience. Tailor your activities to your preferences and schedule—whether it's exploring lively markets for souvenir shopping, immersing yourself in the city's cultural heritage, or taking a leisurely stroll through its vibrant streets. This day is entirely yours to savor at your own pace.

Moreover, the inclusion of breakfast ensures a satisfying start to your day, offering the necessary energy for any chosen activities or excursions. Whether you opt to write email to loved ones, visit local landmarks and temples, or simply unwind and absorb the lively atmosphere of Kathmandu, this extra day enriches your overall trekking adventure.

The decision to provide an additional night in Kathmandu reflects our commitment to delivering a seamless and flexible trekking experience. It not only prepares you for potential flight delays but also empowers you to customize your itinerary, enhancing your time in this captivating city. This thoughtful addition aims to ensure your journey remains adaptable and enjoyable, even in the face of unforeseen circumstances.

Day 16:: Transfer to the airport and fly back to home from Nepal

After a satisfying breakfast, our team at **Mountain Sherpa Trekking and Expeditions** will be ready to bid you farewell and ensure your smooth transfer to the airport for your connecting flight home. It has been our utmost pleasure and joy to serve you and be a part of your amazing journey in Nepal.

We truly value the bonds we have formed with you during your time with us, and we're grateful for the trust you've placed in us as your travel partner. We hope that your trekking experience in the Khumbu region has left you with unforgettable memories and a renewed sense of adventure and appreciation for nature.

As we part ways, we want to assure you that your safety has been our top priority throughout the trek. While we do our best to adhere to the itinerary outlined above, local trail and weather conditions may sometimes necessitate slight changes for the safety of your trip and your life. Our trekking itinerary may also vary slightly depending on your acclimatization rates.

We understand that trekking in the wild territory above the timberline can be challenging, but we are always prepared to provide maximum flexibility when required. Your safety and satisfaction are of the utmost importance to us, and we appreciate your understanding in this regard.

Once again, thank you for choosing Mountain Sherpa Trekking and Expeditions as your travel partner in Nepal. We hope to see you again in the future for more exciting adventures and exploration. Till we meet again, ciao friends!

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey
- Kathmandu-Lukla-Kathmandu round-trip flight, including airport drop-off and pickup service.
- Enjoy four comfortable nights in a centrally located city hotel with free local guide services to explore tourist and local markets
- We accommodate you for 11 nights in Sherpa lodges during trek, including 8 nights in rooms equipped with attached bathrooms and hot showers for added comfort.

Meals & Drinks Included As Per Below

- Four hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience
- Unlimited warm beverages, such as tea, hot lemon, hot chocolate, or coffee of your choice, will be provided every day to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for oxygen saturation as well as heart rates

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Staff Pay, Insurance & Required Permits

- Pay and insurance for guide and support staff
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Enjoy a half-day cultural tour in Kathmandu, inclusive of a tour guide and driver. Immerse yourself in the local culture, gaining familiarity with the local environment before your trek.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Value Added Service (VAS) By MSTE

- We provide a complimentary Local Market Guiding Service for our valued clients to purchase souvenirs at both wholesale and local prices.
 - We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
 - One hour of free special Ayurvedic massage will be provided at the end of the trek.
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WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

Why Book With MST

Why Book your Gokyo Valley Renjo La Pass Trek with Mountain Sherpa Trekking

1). Top-notch Sherpa Guides

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know “Sherpa’s are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”

We have extremely professional, reliable, and experienced climbing Sherpa’s working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, [Mountain Sherpa Foundation](#) has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

[Mountain Sherpa Trekking](#) donates up to 15% of its annual revenue to [Mountain Sherpa Foundation \(MSF\)](#) Nepal's projects, which cover regular maintenance of school buildings, Suitable-learning supplies for children in remote areas, providing necessary medical equipment to health posts of the lower part of Everest and so on.

3). Quality Run Journeys

Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal, which means you can select any food from the lodge menu as per your taste. Our guides will provide you with enough meals on their trek as part of the trip price. A lot of times people are only given the same food each day for every meal, and we don't do this. You are allowed to pick what you eat for each meal in all the lodges we stay in.

Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your treks and climbs in the Himalayas which is most important for a successful trip.

4). Ethical and Responsible Treatment of our Porters:

Most people would not be able to handle the challenges of these treks if it wasn't for the porters helping with all the lifting, preparing, and cheering. They are the backbone of our company and the reason why Pasang Sherpa created Mountain Sherpa Trekking & Expeditions, to begin with. He began in this industry as a porter and understands their needs better than anyone. We are dedicated and promise a better life to every member of our staff. This involves a better salary, providing all their gear including warm clothes, proper hiking shoes for high altitude treks, and lodging.

And we help their families by helping their village schools, providing school materials for their kids, and medicine to the health clinic of their villages.

7 reasons Why You Should Trek with Our Sherpa Guide

1. Our guides Act honestly, fairly, and professionally. They will be always punctual, reliable, honest, good sense of humor, friendly and caring.
2. Our guides are extremely patient with those of you who are slower trekkers, which is the key to a successful trip in the Himalayas.
3. Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your trekking in the Himalayas which is most important for a successful trip.
4. Our Sherpa guides are Government certified and top-notch!
5. Our guide will ensure that they understand what their duty of care is to their respected guests and will exercise it at all times.
6. Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the Himalayas before going higher.
7. Our Sherpa guides are flexible when it comes to unexpected issues.

Hotels & Lodges

Looking for an exceptional trekking experience in Nepal? Look no further than our carefully crafted trekking packages that include 3 nights of deluxe accommodations in Kathmandu at a luxurious and comfortable hotel.

At our hand-selected luxury 5-star hotels, you'll enjoy a wide array of excellent services and modern amenities that will leave you feeling pampered and relaxed. We understand that the quality of your accommodations is crucial to your trip planning, which is why we've chosen hotels that are not only clean and in a good location, but also provide excellent value for your money.

Our handpicked hotels offer a peaceful and relaxed atmosphere, privacy when preferred, and attentive service. After your trek, treat yourself to a relaxing spa day at our 5-star hotel in Kathmandu or unwind in the tranquil and peaceful garden resort.

We have two different package options available to suit your preferences and budget, and our local Sherpa experts are always available to provide exceptional service and answer any questions you may have.

So why wait? Book your perfect dream holiday trek package today and embark on an unforgettable adventure in Nepal with the peace of mind that comes from knowing you'll be staying in the very best accommodations.

- **Our 3 Star Hotel Package starts from \$1865 USD Per Person only**
- **Our 5 Star Hotel Package starts from \$2165 USD Per Person only**

If you're looking for a luxurious trekking experience in Nepal, our 5-star hotel package options are just what you

need to make your trip truly unforgettable. We've hand-selected two of the best hotels in Kathmandu that combine modern design with local creativity, ensuring that you enjoy an unparalleled level of comfort, convenience, and sophistication.

The **Marriott Kathmandu**, located in the Naxal area of Kathmandu, is a masterpiece of modern architecture and design. This hotel offers a range of amenities and services that are perfect for discerning travelers, including a fully-equipped fitness center, a luxurious spa, a rooftop pool, and several dining options that serve up the best of local and international cuisine.

The **Yak and Yeti Hotel**, located in the heart of Kathmandu, is a centrally located luxury 5-star hotel that offers the ultimate in comfort, convenience, and sophistication. This hotel offers a range of world-class amenities and services, including a full-service spa, a fitness center, several dining options, and a casino.

For those looking for a more affordable yet still luxurious option, we also offer 3-star hotel package options that include the **Sampada Garden Hotel and Mandala Boutique Hotel**. The Sampada Garden Hotel is located in the peaceful Lazimpat area of Kathmandu, just a 15-20 minute walk from Thamel. This hotel offers a peaceful and tranquil atmosphere that's perfect for unwinding after a long day of trekking.

The Mandala Boutique Hotel, located in the Chhetrapati area of Kathmandu, is just a 3-5 minute walk from Thamel. This hotel offers a unique and stylish design that's perfect for those who want to immerse themselves in the local culture and experience the true essence of Nepal.

At each of our hand-selected hotels, you can expect the highest level of comfort, luxury, and attention to detail, ensuring that your stay is everything you dreamed of and more. So why wait? Book your 3-star or 5-star hotel package today and enjoy the trip of a lifetime!

Authentic Sherpa Lodge Experience:

During your trek in Nepal, we understand that comfortable accommodations are essential for a pleasant and memorable experience. That's why we provide the best available Sherpa mountain lodges for 12 nights, with cozy rooms and shared bathrooms. To ensure that you have the utmost comfort during your trek, we offer 6 nights of accommodation with attached bathroom lodges with hot shower

The attached bathroom lodges are available at the following locations:

Day 03: Phakding (2,652m/8,700ft)

Day 04 & 05: Namche Bazaar (3440M/11,280ft)

Day 12: Namche Bazaar (3440M/11,280ft)

Day 13: Manju/ Phakding

Day 14: Lukla (2,860 M/9,380 ft.)

We believe that comfortable and clean accommodations are essential to your overall trekking experience. That's why we've handpicked the best Sherpa mountain lodges that offer a cozy and comfortable environment, giving you the opportunity to rest and recharge after a long day of trekking.

For the 3 nights of accommodation in Kathmandu, we offer single rooms at a supplementary cost. We understand that privacy and comfort are important to our clients, and we strive to provide the best possible service to meet your needs. Our hotels in Kathmandu offer a peaceful and relaxing atmosphere, with modern amenities and services that will help you unwind after your trek.

Definitely, our accommodations during your trek in Nepal are designed to provide you with the comfort and convenience you need to fully enjoy your experience. From cozy mountain lodges with shared bathrooms to attached bathroom lodges, we have options to suit every preference. And in Kathmandu, our hotels offer the perfect setting to relax and recharge before or after your trek.

"Delicious and Nutritious Food: A Highlight of Your Trekking Experience"

Delightful Culinary Delights: A Memorable Dining Experience during Your Trek

Morning Breakfast between 6:30-8:00 AM

Indulge in a wide range of breakfast options to energize yourself for the day's trek. Savor the tea or coffee, or enjoy a comforting cup of hot chocolate, lemon tea, hot milk, or green tea. For a protein-packed start, choose from delicious egg items such as fried eggs, boiled eggs, scrambled eggs, or a fluffy omelet. Bread lovers will relish the choice of toast, pancakes, chapati, and Tibetan bread. And don't miss out on a wholesome porridge topped with honey to kickstart your day.

Afternoon Lunch between 12:30 – 1:00 PM

Experience the authentic flavors of Nepalese cuisine during your lunchtime break. Enjoy the classic Nepal Dal Bhat, a nourishing combination of lentil soup, aromatic rice, and a delectable curry. For variety, choose from pasta or noodle dishes, fried rice, fried potatoes, or the mouthwatering Mo.Mo, a Nepalese dumpling specialty. Each dish is carefully prepared to satisfy your taste buds and provide the necessary sustenance for your trek.

Evening Dinner between 6:00-8:30 PM

As the day winds down, treat yourself to a memorable dining experience in the cozy atmosphere of our Sherpa mountain lodges. Start your evening with a comforting garlic soup or savor a hearty Sherpa stew, vegetable soup, or a delightful mixed soup. Indulge in the traditional Dal Bhat Tarkari, a flavorful lentil soup paired with fragrant rice and a tantalizing vegetable curry. For more options, relish fried potatoes with vegetables, Mo.Mo, fried noodles, pasta, or indulge in creamy mashed potatoes with cheese.

Our expert Sherpa guide & team ensures that every meal is prepared with care, using locally sourced ingredients and traditional cooking techniques. We prioritize taste, nutrition, and hygiene to provide you with a truly satisfying dining experience during your trek.

So, get ready to embark on an extraordinary culinary journey as you explore the breathtaking landscapes of

Nepal, knowing that each meal will be a delightful highlight of your trekking adventure.

Alternative Drinking-Water Options for Gokyo Valley & Renjo La Pass Trek

When it comes to choosing drinking water options during your Gokyo Valley & Renjo La Pass trek, mineral water may seem like the perfect choice at first. It's sealed, safe to drink, and supports local traders. However, the reality is far more complex, as mineral water creates numerous problems for mountain communities.

While it does provide income for locals, it also generates an alarming amount of waste. Empty plastic bottles often end up being burned, releasing toxic gases into the air, or left in piles that take more than 450 years to decompose. In a group of 12 people, just one trip can result in over 500 mineral water bottles that will remain in the environment forever.

So, what can you do to address this issue while ensuring safe drinking water during your trek? Fortunately, there are several alternative options available, and here are four of the best:

1. **UV Filters (e.g., Steripen):** Steripen is a trusted brand that uses UV filtering technology, similar to the process mineral water undergoes before bottling. It purifies water on the go and has become more competitively priced in recent years. Other UV filters are also available, providing a reliable solution.
2. **Boiled Water:** Boiling water is an excellent option for safe drinking water on the trek. While not always available when you're on the move, most lodges serve boiled water. Boiling effectively kills any potential contaminants, making it a safe and convenient choice. Prices typically range from NPR 50 to 120 per liter, resulting in a cost of around \$40-\$60 for a 10-day Gokyo Valley trek.
3. **Water Purification Tablets:** Water refining tablets or chemicals like chlorine dioxide are widely used for water purification. They are easy to carry and inexpensive to purchase. However, it's important to note that they may not be as effective as UV filters or boiled water and require a few hours to take effect. Other options like LifeStraw and iodine-based treatments also exist but come with their own limitations.

By choosing these alternative drinking-water options, you can help reduce plastic waste and minimize the environmental impact of your trek. It's crucial to prioritize the safety of your drinking water while being mindful of the local ecosystem.

Flights & Extra Cost

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, **Mountain Sherpa Trekking & Expeditions** will charter a helicopter to ensure you are on schedule for your international flight connections.

The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilized. US cash, traveller's cheque, or credit cards (Visa, MasterCard & American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel

insurance. The minimum cost will be US\$350 and the maximum US\$650 depending on the number of group members.

The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx. 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg) that you are provided.

EXTRA COSTS:

Our Everest base camp trek packages are all-inclusive but we advise that you budget between \$300 and \$400 for additional expenses on your trek including tips. We also suggest you plan on having extra money available in cash or on a credit card in case you require to book a helicopter in the event your flight is cancelled.

Unforeseen cost due to flight cancellation, weather conditions etc. You are responsible for extra hotel nights and meals in Kathmandu or Lukla that are a result of flight delays.

Nepal entry visa (\$40 USD).

Meals:

All the meals are included on the trek however we only include breakfast while you are in the city. you can budget \$10-15 per day for lunch and dinner in Kathmandu.

Gratuities:

Tipping is always appreciated and should be based totally on your satisfaction. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your trips.

Wifi, Batteries Charging and hot Showers are also not included in the trek package. Wifi is available in some teahouses for \$3 to \$5 an hour. Hot Showers are also available in a few of the teahouses for between \$4 and \$6. You can also charge your electronic devices in the lodges and charging costs between \$1 and \$3 an hour.

Travel Insurance

The importance of Insurance

Travel insurance is necessary for any trip but is mainly important when undertaking activities such as high-altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in place should a mishap occur.

This can be anything from medical emergencies, trip cancellation, trip interruption, delays, lost or stolen luggage to a full helicopter rescue of a mountain. For high altitude trek, you need to confirm that your travel insurance covers Helicopter Rescue with a height limit of no less than 5,500m. Most standard policies provide cover for

walking up to a maximum of 2,500 meters.

The Nepal Trekking Activity Pack add-on extends cover to include trekking between 4,600m and up to 7,000m within Nepal and also includes all activities in the Extreme Activity and Activity packs.

Obtaining travel insurance before you leave home is strongly recommended. This way, if something happens, and this is rare, you will not be out of pocket a tremendous amount of money. Mountain Sherpa trekking will provide a letter and your invoice to submit to your insurance, in this case, to help expedite your processing.

Altitude Sickness:

If you trek to a high altitude without letting your body adjust to the new elevation, you may experience altitude sickness. Symptoms include headache and nausea. If you return to a lower elevation, your symptoms will likely go away without needing treatment. In severe cases, altitude sickness can be life-threatening.

When we hike above 8,000 to 12,000 feet above sea level our bodies need to acclimatize to the decreasing amount of oxygen available. You may have symptoms if you travel to a high altitude without giving your body time to adjust to less oxygen. Even if you're physically fit, you can still experience altitude sickness.

Mountain Sherpa Annapurna sanctuary trek itinerary is carefully designed to avoid altitude sickness. Over the years we have come up with the best itinerary to aid in the acclimatization process. Our trek itinerary is fully flexible & can modify on the spot if required.

Remember the trek to the Himalayas is not a race. Even those in the best shape will suffer from altitude sickness when they race to the top of the mountain too quickly. Go slowly, it will give your body time to adjust to the mountain. However, during the acclimatization process, you may experience some of the following symptoms.

- Tiredness
- Minor Headache
- Troubled sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we request you to talk

with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

You must remember that this is your holiday and you do not want to stress out about the possibility of getting sick from the mountains. Do everything slowly. Drink lots of water. And enjoy the Himalaya's views. If anything does happen and you, unfortunately, get sick, let your guide know right away –Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.

Packing List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose, etc.)

Hand

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

Core Body

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated -10°C)*

Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

Feet

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 5-7 pairs recommended

Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring \$30 (15 Days) or \$50 (30 Days) USD for Visa Application)
- Money (\$200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges)
- Travel towel
- Small padlock (to lock your kit bag)

- Antibacterial handwash

Additional Supplies

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide you complimentary trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

Additional info:

As you pack for Gokyo Valley Trek, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters.

All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 25 kg - 30 Kg or 55-66 pounds of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the EBC trek. You need to carry your own backpack (with waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don't have your own down jacket & sleeping bag, don't worry. We will provide you 4 season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.