# Gokyo Valley Renjo La Pass Trek [Scenic + Adventure]-16 Days (all-inclusive)

**3 Star Hotel Package**

**2220**USD per person

*Including healthy meals

**5 Star Hotel Package**

**2420**USD per person

*Including healthy meals

**Trip Style:** City Tour & Trekking

**Trip Difficulty:** Moderate

**Gokyo renjo la pass trek** is an exhilarating adventure that takes you through the stunning landscapes of the Khumbu region in Nepal. Ascending to an altitude of 5,360 meters (17,585 feet), this trek offers breathtaking panoramic views of iconic peaks such as Mount Everest, Lhotse, and Makalu. Along the way, you'll traverse charming Sherpa villages, vibrant rhododendron forests, and pristine glacial lakes, immersing yourself in the rich local culture and natural beauty. The view from **Renjo La Pass** is nothing short of breathtaking. At an altitude of 5,360 meters (17,585 feet), trekkers are rewarded with stunning panoramic vistas of some of the world's highest peaks.

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 5,360m. **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 ?

1. **Unparalleled Experience:** Our Gokyo Renjo La Pass Trek is designed with your comfort, flexibility, and safety in mind, ensuring an unforgettable journey.
2. **Luxurious Accommodation:** Enjoy 4 nights in luxurious city hotels before and after the trek, and 11 nights in premium mountain lodges with attached bathrooms and hot showers for 8 nights, providing top-notch comfort in the Himalayas.
3. **Customizable Dining Experience:** Unlike most companies, we offer unlimited nourishing meals tailored to your tastes, with a customizable menu and ample hot drinks to keep you fueled throughout the trek.
4. **Dedicated to Your Well-being:** Your health is our priority; we ensure quality meals and provide flexibility in food choices to meet your preferences, unlike other operators with limited options.
5. **Meticulously Designed Itinerary:** Our trek includes a pre-trek day in Kathmandu for relaxation and

acclimatization, along with a contingency day to avoid potential flight disruptions from Lukla, ensuring a smooth journey.

6. **Altitude Management:** The carefully planned schedule reduces the risk of altitude sickness, offering proper acclimatization and helping you stay energized and focused on your trek.
7. **Luxury, Personalization & Adventure:** With Mountain Sherpa Trekking, you're not just trekking; you're experiencing luxury, tailored experiences, and an unforgettable adventure all in one seamless package.

DURATION: 16 days

## Trip Facts

| Trek Region | Maximum Altitude | Trip Durations |
|---|---|---|
| - Everest Region Nepal | - Gokyo Ri/Peak | - 15 Nights/16 Days |
| - Gokyo Valley/Renjo la Pass | - (5,357 Meter/17,575 Ft) | - Kathmandu To Kathmandu |
| **Suitable For** | **Accommodations** | **Meals** |
| - Couples, Family Or Friends | - Luxury Hotels In City | - Daily Breakfasts In City |
| - Solos Private Trek | - Best Local Sherpa Lodge | - 3 Meals daily During Trek |
| **Service Level** | **Best Time to Travel** | |
| - Reliable & friendly | - Spring: (February to May) | |
| - Authentic sherpa guide | - (September to December) | |

# ITINERARY

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

Welcome to Nepal, where the majestic Himalayas and rich cultural heritage await you! As you fly into Kathmandu, the stunning view of snow-capped peaks will take your breath away, setting the stage for an unforgettable journey. Upon arrival at **Tribhuwan International Airport**, our friendly representative and driver will greet you and escort you to your comfortable hotel to relax and refresh after your flight. After settling in, we'll provide you with a detailed briefing of your upcoming trek, ensuring you're prepared for every step of the adventure. In the evening, meet your expert trek guide, who will share insights and tips to make your trek even more enjoyable. Explore Kathmandu's vibrant streets, immerse yourself in its ancient temples, and soak in the city's unique atmosphere. Rest easy tonight, as tomorrow marks the beginning of your unforgettable Himalayan adventure—fuel up with a delicious breakfast, ready to embrace the journey ahead!

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

### Welcome to Kathmandu – The Heart of Nepal's Heritage

Welcome to Kathmandu, a vibrant city steeped in history, spirituality, and living culture. After a restful night and a hearty breakfast at your hotel, we begin a full-day exploration of four of the city's most iconic and culturally significant sites.

Our first stop is the **Swayambhunath Stupa,** famously known as the Monkey Temple. Perched on a hilltop overlooking the Kathmandu Valley, this ancient stupa is believed to be over 2,500 years old, making it one of the oldest religious sites in Nepal. The all-seeing eyes of Buddha gaze out in all four directions, symbolizing awareness and compassion. As you climb the stone steps, you'll be greeted by playful monkeys and panoramic views of the city—a truly magical start to the day.

Next, we head to **Kathmandu Durbar Square,** a UNESCO World Heritage Site and the historic heart of the old

city. This royal palace complex was once the residence of the Malla kings and showcases exquisite Newari architecture, intricately carved wooden windows, and sacred courtyards. Don't miss the Kumari Ghar, home to the Living Goddess Kumari, a young girl revered as the human incarnation of the divine.

From there, we drive to **Boudhanath Stupa,** one of the largest stupas in the world and a spiritual center for Tibetan Buddhism. Surrounded by prayer wheels and fluttering prayer flags, Boudhanath is a serene and sacred place where monks chant mantras and devotees walk clockwise around the stupa in a ritual known as kora. We'll take a break here to enjoy lunch at a rooftop restaurant with a stunning view of the stupa's massive dome and vibrant surroundings.

Our final visit is to **Pashupatinath Temple**, one of the holiest Hindu shrines dedicated to Lord Shiva. Situated along the sacred Bagmati River, the temple complex is a powerful spiritual site where you may witness traditional cremation rituals and sadhus (holy men) meditating. The main temple, with its golden roof and silver doors, is accessible only to Hindus, but the surrounding area offers a profound cultural experience for all visitors.

In the evening, return to **Thamel** and conclude your day with an authentic Nepali cultural dinner, complete with traditional music, folk dance, and a flavorful selection of local dishes. It's a perfect and memorable introduction to Nepal's rich heritage—and a warm welcome to your Himalayan adventure.

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

After a restful night, we take an early morning flight to **Lukla (2,800m/9,186ft)**, the gateway to Everest. This **scenic 30-minute flight** offers breathtaking aerial views of the Himalayas before landing at the famous **Tenzing-Hillary Airport**, one of the world's most thrilling runways. During peak season, flights may operate from **Manthali (Ramechhap) Airport,** and we ensure smooth transfers—or upgrade to a **helicopter flight** for a seamless journey with unmatched views. Upon arrival, we meet our trekking crew and begin our adventure, **trekking 8km (5 miles) to Phakding (2,652m/8,698ft)** along the stunning Dudh Koshi River. This first day provides a gentle introduction to high-altitude trekking, allowing for acclimatization while soaking in the spectacular Himalayan landscapes.

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

The journey to **Namche Bazaar** is an unforgettable adventure, winding through lush pine forests and alongside the shimmering Dudh Koshi River. We cross iconic suspension bridges, including the famous Hillary Suspension Bridge, with breathtaking views of **Mt. Thamserku.** As we pass through vibrant villages like **Benkar and Monjo,** we enter **Sagarmatha National Park** and ascend towards Namche, where we're rewarded with our first sight of **Mt. Everest** from **Chautara**. Known as the "Las Vegas of the Khumbu," Namche Bazaar offers a lively atmosphere and a perfect place to recharge before continuing toward the world's highest peak.

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

As we make our way to Namche Bazaar, we strategically acclimatize by hiking a few hundred feet higher each day, preparing our bodies for the challenging elevations ahead. In Namche, a visit to the **Tourist Visitor Center** offers a fascinating glimpse into the history of the first Everest ascenders, Sherpa culture, and the unique flora and fauna of the Everest region. For the adventurous, a stroll to **Khumjung** and a climb to the **Syangboche airstrip** leads to the **Everest View Hotel,** where breathtaking views of the Himalayas await. The surrounding Khumjung valley, with peaks like **Kongde, Thamserku**, and the sacred Khumbila, along with the **legendary yeti scalp** at the **Hillary School,** make this a truly unforgettable experience.

**Day 06:: Trek to Phortse Thang (3,680 m / 12,073 ft)- -Stay in Lodge**

After enjoying a delicious breakfast in Namche Bazaar, we begin our beautiful day's trek. The trail ascends gently from Namche Bazaar (3,440 m / 11,286 ft), tracing a high contour above the Dudh Koshi River with breathtaking views of **Ama Dablam**, **Thamserku**, and **Kangtega**. Passing through Sanasa, where the paths diverge toward

Tengboche and Gokyo, and the peaceful hamlet of Lawang, the route climbs to the scenic ridge of **Mong La (3,975 m / 13,041 ft)**—a sacred spot adorned with a stupa and panoramic mountain vistas. From here, a steep descent through fragrant birch and rhododendron forests leads to **Phortse Thang (3,680 m / 12,073 ft),** a serene riverside village at the confluence of the Dudh Koshi and Imja Khola.

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

Today's trek takes us to **Machhermo at 4,470m/14,665ft**, a challenging yet rewarding journey through **breathtaking landscapes**. We begin with a gradual ascent through lush forests and meadows, the crisp air and serene silence interrupted only by our footsteps and occasional bird calls. As we climb higher, the terrain becomes steeper, with rocky outcrops and boulder fields that demand careful navigation. The increasing altitude causes us to pause frequently, catching our breath while soaking in the **majestic views of snow-capped peaks and sparkling glaciers**. Each step is worth the effort as the grandeur of nature unfolds before us. After hours of trekking, we finally reach Machhermo, a peaceful village tucked in a sheltered valley, where we are embraced by the warmth of local hospitality. As we rest for the night, we reflect on the awe-inspiring beauty of the mountains that surround us, grateful for this unforgettable experience.

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

Today, we embark on an exhilarating trek from **Machhermo to Gokyo**, ascending through rugged terrain with breathtaking views at every turn. As we climb higher, the thinning air reminds us to pace ourselves, taking regular breaks to acclimatize and soak in the awe-inspiring landscapes. The trail challenges us with steep inclines, but the sight of towering peaks and glacial streams makes each step worth it. We pass through charming Sherpa villages, each with its own character, before finally reaching **Gokyo at 4,790m/15,715ft**, nestled beside a pristine lake surrounded by snow-capped mountains. The crisp air fills us with a sense of wonder as we take in the panoramic beauty of this magical place. After exploring the village and its stunning surroundings, we eagerly plan our hike up **Gokyo Ri** tomorrow for even more incredible views. As the evening settles, we rest in gratitude, knowing we've just begun to experience the Himalayas' true majesty.

**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)**

We must begin our trek at dawn today, as we have a long journey ahead. Our goal is to reach **Lunde** after crossing **Renjo La**, a high-altitude pass at 5,340 meters (17,520 feet), where breathtaking views of **Everest, Lhotse, Cholatse, and Taboche await**. The trail to Renjo La diverges from the main Gokyo Valley path, leading us past Dudh Pokhari and through challenging terrain. After conquering the pass, we descend a steep stone staircase and navigate loose scree to reach the tranquil Angladumba Tsho Lake. Along the way, we'll pass Relama Tsho and **Renjo Lake**, and trek through a narrow valley filled with massive boulders to reach Lunde. If the lodge in Lunde is closed, we'll continue for another hour to Marlung, where we'll spend the night. This trek offers stunning Himalayan views, but due to high altitude and ice on the trail, it's crucial to have an experienced guide to ensure safety and enjoyment.

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

As we journey west from Lunde, the trail guides us through the historic **Bhote Kosi Valley**, once a bustling trade route into Tibet, where **prayer flags and mani stones still mark** the land's deep cultural heritage. The influence of Tibetan Buddhism is felt strongly here, immersing us in a world of vibrant sights, sounds, and smells. The steep climb to **Thame** rewards us with awe-inspiring views of towering peaks like Teng **Kangpoche and Kwangde**, while the mysterious Nangpa La pass to Tibet beckons with its allure. Upon reaching **Thame**, we are welcomed by the majestic **Thame Gompa,** a spiritual landmark and the site of the **Mani Rimdu festival**, where local culture comes alive in a burst of music and color. After an exhilarating day on the trail, we settle in for a peaceful night in Thame, knowing we've experienced something truly unforgettable. The unique blend of history, spirituality, and natural beauty in this valley will stay with us long after we leave. This is a journey that transcends the ordinary and leaves a lasting mark on the soul.

**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**

After a hearty breakfast in **Namche Bazaar,** we begin our descent toward Lukla, tackling the first steep hour through rocky terrain. As we cross suspension bridges over the Dudh Koshi river, the path becomes gentler, winding through Sherpa villages, rhododendron forests, and pine trees with distant views of snow-capped peaks. Though retracing our steps, the scenery offers fresh perspectives, making the journey just as captivating. We take our time today, soaking in the serene atmosphere of prayer stones, prayer flags, and the deep-rooted Buddhist culture that defines these villages. Upon reaching Lukla, we have the chance to unwind, stretch our legs, and reflect on the remarkable trek we've just completed. The day ends with a joyful celebration, as we gather for a farewell dinner with our crew, sharing laughter and memories. We head to our lodge for a restful night, content with the adventures of the past days.

**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**

### Extra Buffer Day in Kathmandu – Maximize Your Experience!

We've built in an extra buffer day in Kathmandu to account for potential flight delays from Lukla, which can happen in the mountains. If everything goes smoothly, this is your perfect opportunity to **relax** and **unwind** after the trek.

Want to make the most of it? Explore Nepal's rich history and vibrant culture with a guided sightseeing tour of **Bhaktapur and Patan,** two of the country's most iconic ancient cities.

This **5-6 hour tour** offers a deep dive into Nepal's fascinating heritage, architecture, and authentic local life. We'll arrange the best local guide and private transportation, ensuring a seamless and immersive experience.

After your trek, let us take you beyond the mountains and into the heart of Nepal's cultural treasures.

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

After a fulfilling breakfast, our team at **Mountain Sherpa Trekking and Expeditions** will ensure a seamless transfer to the airport, marking the end of your unforgettable journey in Nepal. It has been a true honor to accompany you through the **Khumbu region,** and we're grateful for the trust you placed in us as your travel partner. We hope that your trek has gifted you not only stunning memories but also a deeper connection to the incredible nature surrounding us. While we always strive to adhere to the planned itinerary, safety remains our top priority, and local conditions may require adjustments for your well-being. Trekking above the timberline presents its challenges, but rest assured, we remain flexible and ready to adapt to ensure your safety and satisfaction. Thank you once again for choosing us, and we eagerly anticipate the possibility of future adventures together. Until then, ciao and safe travels, dear 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.
- Kathmandu Stay: 4 nights in a centrally located premium 4- or 5-star hotel with daily buffet breakfast (based on the selected package)
- 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
- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily 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.
- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.

## Staff Wages, Insurance & All Permits Included

- Your package includes fair wages and full insurance for your Sherpa guide and porter. We provide the highest daily pay and comprehensive insurance—because we believe those who make your journey unforgettable deserve the very best care and respect.
- Sagarmatha National Park entry permit fee & Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Full-day Kathmandu city tour with a private guide and driver—an immersive experience to explore Nepal’s rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

## Experienced Sherpa Guides & Porters Included

- Our package includes highly experienced, responsible, honest, and friendly Sherpa guides. We provide a reliable Sherpa guide to accompany you throughout your entire trek. Your guide will be caring, trustworthy, and exceptionally friendly. As we are a 100% Sherpa-owned company, your guide will be a native Sherpa from the Everest region.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.

## Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole.
- If you don't have your own warm sleeping bag and down jacket, we will provide them for you, which must be returned after the trek. Their rental value is around US$17–20 if rented from shops in Thamel.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates

## 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.

### 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

# Gokyo Valley & Renjo La Pass Trek – Luxury & Adventure Combined!

Are you ready to experience one of the most breathtaking treks in the Everest region? Journey through the stunning Gokyo Valley and Renjo La Pass with expert Sherpa guides and enjoy unmatched comfort every step of the way.

# Why Choose Our Gokyo Valley & Renjo La Pass Trek?

At Mountain Sherpa Trekking, we don't just take you on a trek—we craft an extraordinary experience with seamless service, superior accommodations, and personalized luxury.

# Luxury Accommodations: The Key to an Unforgettable Trek

We believe that quality rest is essential for an enjoyable trekking experience. That's why our package includes 4 nights in the finest hotels in Kathmandu before and after your trek.

# Stay in Handpicked Luxury Hotels:

? 2 Nights Before Your Trek – Relax, recover from jet lag, and recharge in plush beds before heading into the mountains.

? 2 Nights After Your Trek – Unwind with a hot shower and deep rest after your adventure.

# Choose Your Ideal Comfort Level:

## ? 4-Star Package – Comfort & Value | $2,220 per person

Stay at Hotel Lo Mustang, a premium retreat in the heart of Thamel, offering modern luxury and warm hospitality.

# ? 5-Star Package – Pure Luxury | $2,420 per person

Stay at Dusit Princess Kathmandu, where modern elegance meets authentic Nepali charm for the ultimate pre- and post-trek relaxation.

## Experience Authentic Sherpa Hospitality in Ultimate Comfort!

During your Gokyo Renjo La Pass Trek, immerse yourself in the warmth and genuine hospitality of local **Sherpa-run mountain lodges.** We've carefully selected 9 best lodges out of 11 nights, ensuring attached bathrooms and hot showers—a rare luxury at high altitudes. We believe that **quality rest fuels a successful trek,** so we've handpicked the best accommodations available to guarantee you sleep as comfortably as you would at home—waking up refreshed and ready for each day's adventure.

## 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$500 and the maximum US$600 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 5,5000m. 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 –10ºC)*

## **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.