

# Gokyo Renjo La Pass Trek



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## Gokyo Renjo La Pass Trek

URL: <https://hillarysteptreks.com/trip/gokyo-lake-trek/>

### Duration

13 Days

### Per Person Cost

USD 1455

### Difficulty

Moderate

### Group Size

1+

### Best Seasons

March - May, October  
December

### Maximum Elevation

5360m

### Accommodation

Hotel/Tea House

### Transportation

Private Vehicle/Flight

### Meals

Full Board

### Trip Route

Lukla-Namche-Gokyo Lake-  
Renjo la pass

## Trip Highlights

- Magnificent views of the snow-capped Himalayan peaks including four of the top 10 highest mountains in the world, Mt. Everest (8848 m), Mt. Lhotse (8516 m), Makalu (8485 m), and Cho Oyu (8188 m).
- Exploration around one of the highest freshwater lake complexes in the world, the jewel of the Nepalese Himalayas, the Gokyo Lakes.
- Natural encounters with beautiful flora and fauna of the Sagarmatha National Park. If lucky you can spot Daphe (Lophophorus), red panda, snow leopard, Himalayan Thar, Musk deer, and more.
- Opportunity to peek into the unique and interesting culture, tradition, and lifestyle of the Local Sherpa people in the Nepalese Himalayas.
- Perfect teahouse trekking adventure in the high-elevation regions of the Mahalangur range base.
- Plenty of fantastic hidden sights and side destinations to bewilder you, like Hillary viewpoint, Gokyo Ri, scenic Hillary bridge, and more throughout the trek.

- Wonderful adventure to reach the trailhead at Lukla landing in the thrilling strips of the Tenzing Hillary Airport.
- One of the best trails in the remote mountains of Nepal showcasing picturesque backdrops & sceneries in different sections of the trail.

## Trip Overview

**Gokyo Renjo La Pass Trek** in the Everest region of Nepal is one of the best adventure trekking destinations in the world with magical natural views, local hospitality, and unique culture to experience for travelers. Besides the majestic Mount Everest lies one of the best glacial lakes complex in the world fed by the Himalayas themselves, Gokyo. Renjo La Pass on starts the second section of the trek with challenging yet mesmerizing views of the snow-covered mountains all around. With amazing trails to walk every day and wonderful experiences to share, the Gokyo Renjo La Pass Trek is ideal for trekkers to start the next chapter of their adventure diary.

Your journey to the **Gokyo Renjo La Pass Trek** starts from the eloquent and lively streets of Kathmandu. From here you will take a domestic flight to enter the Khumbu region through Lukla. Landing in Lukla will be memorable and thrilling and you will have an exciting push to start the trek. As you head further north, the [Sherpa](#) Capital of Namche Bazar will welcome you. One of the most significant settlements in the Everest region, this small town acts as a trekking hub for anyone traveling to Everest. From here we will rise higher and slowly get closer to the base of the snow-capped mountains.

Retracing the steps of Sir Edmund Hillary and Sherpa Tenzing Norgay, gazing at the majestic peaks, we'll reach the pristine Gokyo lakes after a week of the trek. The panoramic view of the mountains, valley, and landscape from the top of the Gokyo Ri (5,360 m) and Renjo La (5,360 m) summarizes this wonderful trek and you'll be glad to be there and live the moment. Gokyo Renjo La Pass Trek takes the renowned [Everest Base Camp](#) trail and elevates it further for trekking & nature lovers in the world. Witness the endless joy of travel and exploration with Hillary Step Treks in the trek. **Our 13 Days Gokyo renjola pass trek price range from USD1100 to USD1600.**

## More Travel Blogs/Guides for Gokyo Lake Trek

[Why You Should Trek To The Gokyo Lakes In Nepal?](#)

## Trip Itinerary

### Day 01: Arriving in Kathmandu (1350m/4429ft)

After arriving at the Tribhuvan International Airport (TIA) Kathmandu, your HST representative will receive you at the international terminal. We'll drive you to your hotel in Thamel next. Visit our office to meet the guides and we will hold a short orientation session about the Gokyo trek. If you have some time to spare in the evening (depending on your flight arrival time), we suggest you explore around the Thamel market. Prepare your bags and rest for the day. Overnight at a hotel in Thamel, Kathmandu.

**Accommodation**

Hotel Thamel Park

**Altitude:**

1350m/4429ft

**Day 02: Fly 45 minutes to Lukla(2860m/9383ft) and Trek to Phakding (2610m/8563ft) 3 hours trek**

We will meet you at the hotel early today for your flight to Lukla. From Kathmandu, this short flight will take you to the gateway of Everest. Soon after you've taken off, the views of the surrounding landscape and mountains will treat you with delight. Nearing Lukla, you can admire the views of the snow-capped peak once more before landing on the short & thrilling airstrip of Tenzing Hillary Airport. We have a short trek today to Phakding. You can enjoy a relaxed walk and reach there by mid-afternoon. Overnight at a teahouse in Phakding

**Time:**

8.26km/5.14 mile/ 3 hrs walking

**Accommodation**

Lodge/Tea house

**Meals:**

B.L.D

**Altitude:**

2860m/9383ft, 2610m/8563ft

**Day 03: Phakding(2610m/8563ft)- Monju/Jorsalle- Namche bazaar (3440m/11286ft) 6 hours trek**

We will be aiming to reach the 'Sherpa Capital' Namche Bazaar from Phakding today. This portion will be a perfect introduction to trekking in Nepal with monasteries, prayer flags, locals, and small settlements on your way. After reaching Monjo you have to show your permits for SNP and do the official entry here. Apart from the last 45 minutes before Namche, you can enjoy a relaxed trek. If the weather permits you will also see Mount Everest for the first time today on the trail. Rest for the day after reaching Namche Bazaar. Overnight at a teahouse in Namche.

**Time:**

12.18km/7.5 mile/ 6-7 hrs

**Accommodation**

Lodge/Tea house

**Meals:**

B.L.D

**Altitude:**

2610m/8563ft, 3440m/11286ft

**Day 04: Acclimatization day - Namche bazaar**

We have an important rest, exploration, and acclimatization stop at Namche today. You have plenty of options to hike around the town today. Khumjung village and monastery will be a perfect short hike option for you. Situated at about 3800 meters you can look at the purported yeti scalp preserved there.

You can also enjoy picturesque surrounding views during today's hike from multiple natural viewpoints. Return from the hike and rest for the day. Overnight at a hotel in Namche.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
9.71km/ 6 mile/3-4 hours	Lodge/Tea house	B.L.D

### **Day 05: Namche(3440m/11286ft) to Dole(4100m/13451ft) 6/7 hours**

We have another exciting day to trek today towards Dole. After starting the hike the first section to Sangnasha is pretty relaxed and beautiful. Walking gradually uphill, we will soon be in Mong La. We'll stop for lunch here. Enjoy some amazing views of Ama Dablam and surrounding peaks here. Continuing on the trail for a couple of hours will see us reach the traditional village of Phortse Tenga. It is another hour of leisure walk from here to reach Dole. Rest for the day after arriving here in the late afternoon. Overnight at a teahouse in Dole.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
12.88km/8mile/ 6-7 hours	Lodge/Tea house	B.L.D

#### **Altitude:**

3440m/11286ft, 4100m/13451ft

### **Day 06: Dole(4100m/13451ft)- Machhermu( 4470m/14665ft) 3-4 hours**

Dole is a small but beautiful village with a majestic view of the sunrise to enjoy today. After breakfast, we will continue on our trek to Machhermu today. this short trail s one of the best places on Everest to enjoy a clear view of Mount Cho Oyu. Following the river valley, we will get past Lhabarma and Luza to reach Machhermu in the afternoon. This village is also the meeting hub for someone attempting to do the Gokyo Lakes Cho La pass trek. Overnight at a teahouse in Machhermu.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
5.71km/3.5 mile/ 3-4 hours	Lodge/Tea house	B.L.D

#### **Altitude:**

4100m/13451ft, 4470m/14665ft

### **Day 07: Machhermu(4470m/14665ft) to Gokyo Lake(4800m/15748ft)**

Our trail from Machhermu to Gokyo Lakes isn't too long but you will be gaining significant altitude during the day's walk. This might be the most challenging day of the trek without the pass involved, i.e., steep sections and tricky terrain. Nearing the lakes, you can enjoy the view of Cho Oyu and Ngozumpa Glacier. You will also have some amazing views of the surrounding peaks and the lake complex itself today. Some teahouses are operating on the banks of the beautiful Gokyo Cho or Dudh Pokhari where

we'll be staying overnight today.

**Accommodation**

Lodge/Tea house

**Meals:**

B.L.D

**Altitude:**

4470m/14665ft, 4800m/15748ft

**Day 08: Excursion day to Gokyo Ri(5360m/17585ft)) for the best view**

We have a rest and exploration day in Gokyo today highlighted by the day excursion to the top of Gokyo Ri. On the way, you can view all the major 19 lakes of Gokyo including Dudh Pokhari, Thonak Cho, Ngojumba Cho, Gyazumba Cho, and Tanjung Cho. It will take slightly over 3 hours of hiking to reach the top of Gokyo Ri. The views from here include snow-capped peaks like Everest, Lhotse, Ama Dablam, Pumori, Thamsenku, Khangteka, Makalu, Cho Oyu, and more. Similarly, the views of the valley below and the scenic landscape are also exemplary. Return to Gokyo and rest for the day after concluding the excursion. Overnight at a teahouse in Gokyo.

**Time:**

5.26km/3.26 mile/3-4 hours

**Accommodation**

Lodge/Tea house

**Meals:**

B.L.D

**Altitude:**

5360m/17585ft

**Day 09: Gokyo(4800m/15748ft)- Renjola Pass(5360m/17585ft)- Lungde**

We will start the hike to Renjo La pass early in the morning today. Alongside Cho La and Kongma La pass, Renjo La makes the three highest and most popular Himalayan passes on Everest. The trail can get tricky at times so we suggest you stay close to your guides and follow their instruction. Once in the Pass, you can admire some amazing views around. After taking some pictures here, we will start the downhill trail to Lungde. Take a well-deserved rest here after arriving in the afternoon. Overnight at a teahouse in Lungde.

**Time:**

11.5km/7.14 mile/7 hours

**Accommodation**

Lodge/Tea house

**Meals:**

B.L.D

**Altitude:**

4800m/15748ft, 5360m/17585ft

**Day 10: Lungde- Thame(3880m/12729ft)- Namche(3440m/11286ft)**

We have something extra and unique to offer for trekkers covering today's trek. You will be able to enjoy a much quieter and serene trail to Namche from Lungde today. The village of Thame in between is one of the last proper traditional villages in the Khumbu region. Locals have used this route to reach Tibet for hundreds of years. After a short lunch break in Thame, we will continue on a downhill trail to Namche.

The last section will rise a bit to mark the arrival of Namche Bazaar. Treat yourself to some amazing food and drinks after arriving at Namche. Overnight at a teahouse/lodge in Namche Bazaar.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
19.5km/12.11 mile/7-8 hours	Hotel/Tea house	B.L.D

**Altitude:**  
3880m/12729ft, 3440m/11286ft

### **Day 11: Namche(3440m/11286ft) to Lukla(2860m/9383ft)**

For the last day of the trek, you'll have another relaxed section to cover till Lukla. Retracing your footsteps you will go past Monjo/Jorsalle and Phakding to reach Lukla. We'll take our lunch stop in one of these settlements. Rest for the day after arriving in Lukla. Overnight at a teahouse in Lukla.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
19.19km/13mile/7 hours	Hotel/Tea house	B.L.D

**Altitude:**  
3440m/11286ft, 2860m/9383ft

### **Day 12: Lukla to Kathmandu fly**

You have got a morning return flight from Luka to TIA, Kathmandu. From the plane enjoy one last spectacular view of the Himalayas. We will drive you back to the hotel from the airport. You can explore more of Kathmandu in your spare time today. We will provide you with some key spots to buy some Nepalese souvenirs as well. Overnight at a hotel in Kathmandu.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
35 min flight	Hotel	B.L.D

### **Day 13: Final Departure**

Join us for a farewell breakfast today. We'll appreciate your feedback and will hear about your trek as well. We'll drive you to the airport for your departure on time. Return home with some memorable and unique adventure of the Gokyo Lake trek with HST

# **Includes**

## **Accommodation**

- Two nights Accommodation in Kathmandu( Hotel Thamel Park with Breakfast)
- 10 nights standard Lodge accommodation during the Gokyo Renjo La pass Trek (twin sharing basis)

## **Meals**

- All the Standard Meals ( Lunch, Dinner & Breakfast /the main course) three times a day

## **Transportation**

- Pick up/Drop off from to International & Domestic Airport by Private Vehicle
- Both Way Kathmandu to Lukla and Lukla to Kathmandu by flight with airport tax

## **Extras**

- Sagarmatha National Park Fee
- Pasang Lhamu municipality fee
- Trekker's Information Management System (TIMS) card fees
- Professional & government licensed holder English Speaking Trekking Guide
- Porter (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, food and accommodation etc
- Sleeping bag (if needed)
- Trekking Map
- First aid kit
- Water purification tablets for drinking water
- Seasonal fruits
- Trekking completion certificate
- All government and Local Tax

## **Excludes**

- International airfare and visa fee (15 Days US\$30 and 30 Days US\$50, 90 Days US\$125)
- Lunch and Dinner in Kathmandu.
- All the drinks like tea, coffee, Coke, Fanta, mineral water, boiled water, hot shower, battery charge etc.
- Extra nights accommodation in Kathmandu due to early arrive or late departure or early return from the trek

- Your trekking gears.
- Your travel insurance which should include the emergency rescue.
- Tips for guide and porters.

## Trekking Information

### Equipment Checklist for Gokyo Renjo La Pass Trek

#### Clothing: -

- Short-sleeved T-Shirt (merino wool)
- Long-sleeved T-shirt (merino wool)
- Trekking Trousers (preferably with zip-off shorts)
- Belt
- Underwear (merino wool) x 3
- Sports Bra (merino wool) x 2
- Trekking Socks (merino wool) x 3
- Liner Socks (optional) x 3
- Fleece Down Jacket
- Waterproof Jacket
- Waterproof Trousers
- Silk Leggings (for winter/high altitude)
- Hiking Boots/Shoes (+ insoles)
- Gloves x 2 (thin + thick)
- Hat x 2 (sun hat + warm hat)
- Buff Sunglasses (+ spare pair)
- Trousers (for the evening)
- Thermal Tank Top (for winter/high altitude)
- Long-sleeved Thermal Top (for evening/sleeping)
- Thermal Leggings (for evening/sleeping)
- Socks (for the evening)
- Sandals (for the evening)

#### Trekking Gear:-

- Backpack + Waterproof Cover
- Duffel Bag (if trekking with porter)
- Waterproof Backpack Liner
- Trekking Poles
- Water Bottle(s) / Bladder
- Headtorch (+ batteries/charging cable)
- Microspikes (if trekking in snowy/icy areas)
- Gaiters

#### Tea House Gear:-



- Sleeping Bag
- Silk Liner Eye Mask & Ear Plugs
- Travel Towel Scrubba & Suds (for laundry, optional)
- Washing Line (optional)
- Packable Bag (optional)
- Penknife + Repair Kit/Tape

**Electronics:-**

- Travel Adapter
- Power Bank + Charging
- Cable Portable Solar Panel (optional)
- Camera + SD Card + Batteries +
- Charging Unit + Charging Cable
- Phone + Charging Cable

**Hygiene and First Aid:-**

- Steripen + Filter (or similar) / Water Purification Tablets
- Insect Repellent
- Sunscreen (face + body + lips)
- Hand Sanitiser
- Wet Wipes
- Toilet Paper
- Toothbrush + Toothpaste
- Soap
- Shampoo
- Moisturiser
- Deodorant
- Nail Clippers (for longer treks)
- Tampons/Pads/Cup
- First Aid Kit
- Paracetamol
- Ibuprofen
- Diamox (optional)
- Antihistamines
- Strepisils (or similar)
- Diarrhoea Relief + Rehydration Sachets
- Electrolyte Tablets
- Compeed (or similar)
- Decongestant
- Eye Drops
- Any Other Personal Medication

**Essentials:-**

- Passport + Copy
- Travel Insurance Details

- Cash (enough for trek duration)
- Trekking Permits (if applicable)
- Waterproof Document Wallet

### **Miscellaneous:-**

- Book / E-Reader (+ charging cable)
- Playing Cards / Games
- Pen + Journal
- Snacks + Specialist Food

**Note: The above list can be customized as per the seasons and necessity of the trekkers.**

## **Accommodation**

Trails in the Everest Region are mostly associated with teahouses and the Gokyo Valley trail is not much different. You can expect to stay in fairly developed and relatively comfortable teahouses during the trek. The Lower Khumbu area specially provides all the additional facilities like Wi-Fi & Laundry with your rooms too. You'll be provided with the basic amenities and services even as you gain more elevation and start staying at teahouses at high-altitude places here.

Most of the teahouses are family-run and operated so you can talk with the friendly owners and share some stories. Make sure you ask for the availability of working electrical outlets and Wi-Fi before taking a room on the Gokyo Lakes trail. Be humble and respect the local norms while staying in these places.

## **Meals in Gokyo Lake Trek**

Meals during the trek are healthy and fit ideally for trekkers. Teahouses provide you with food as well as rooms in the Everest region. Most of the ingredients are locally produced or carried from the lower regions to your teahouses. The most common dish is the Nepali Dal Bhat alongside curry, which will provide enough fuel for you to keep walking throughout the day. You can find small shops and cafes every now and then where you can stop for a quick bite or buy snacks. Don't forget to try some local foods and Tibetan tea when you are trekking in the Everest region as well.

## **Drinking water**

There are multiple drinking water taps available at different sections of your trail. You can ask the teahouse owners to boil water for you and refill there as well. Similarly, freshwater streams straight from the Himalayas are also not hard to find while trekking. However, we suggest you carry some chlorine tablets or water purification agents in your bag just to be safe. Remember, it is very important to drink plenty of water while trekking in the Himalayas. Always carry at least a liter of drinkable water with you.

## **Internet Connectivity**

EBC trail has a stable internet connection for most parts thanks to the Everest Link's Wi-Fi cards. These cards can be purchased at different stops during the trek. Trekkers can expect a fairly smooth connection

for most parts of the Gokyo Lake trail as well. The Wi-Fi cards are available at a reasonable cost and you can find services from Lukla teahouses before Gokyo with the help of 36 solar-operated towers in this region. Similarly, mobile network coverage is also available in the lower regions of the trek.

## **Reaching the starting point of Gokyo Renjo La Pass Trek**

With the itinerary created by the expert guides and trekking operators of Hillary Step Treks, your starting point for Gokyo will be at Lukla. However, we provide customization options if necessary as well. Another alternative for Lukla is to start from Jiri, following the classic trail exactly traveled by Sir Edmund Hillary and Tenzing Norgay Sherpa. Similarly, your other alternative is to drive to Salleri and lower Khumbu rather than flying directly. We've chosen Lukla because it is the most straightforward option saving you time, cost, and effort. Both Jiri and Salleri will make you add about 3-4 extra days for the same trek.

### **\*Lukla Flight**

As we've discussed before Lukla is the optimal starting point of the Gokyo Lake trek, let's shine some light on the flight itself. Your domestic flight to Lukla will most likely be in the morning time from Kathmandu. It will be a short 45 min flight. Leaving the valley you can enjoy a fantastic view of diverse Nepalese geography topped by an amazing view of the Himalayas. The landing at Tenzing Hillary Airport in Lukla is infamous for its short runway and extreme geographic location. You will have a nerve-racking experience while landing here. You'll have a proper introduction to the remote Himalayas from this flight.

## **Permits required**

You must have 2 permits to do the trek alongside a TIMS card. The first permit is to enter the Sagarmatha National Park (SNPP). It will cost you around 30 USD per person and will be valid for the duration of the trek. Similarly, the next permit will be for the Khumbu Pasang Lhamu Rural Municipality Entrance Permit available at Lukla. It will cost you about 20 USD per person. Trekkers Information Management System Card (TIMS) is necessary for all trekkers in Nepal. You can get the card alongside the SNP permit at the NTB office in Kathmandu.

## **How hard is Gokyo Renjo La Pass Trek for trekkers with different experience Levels?**

Gokyo Renjo La Pass Trek is moderately difficult for trekkers. If you've trekked before in the Himalayas, it is easier. We suggest you try short hikes before if this trek is your first one in the high elevation trails of the Himalayas. However, with proper guides and planning, anyone can complete the trek without any hassle. Be sure to attempt the trek during the season if you are not sure. The weather is nicer and you can find plenty of other trekkers to assist you throughout the journey.

## **Altitude Sickness & Acclimatization**

Altitude sickness is common for trekkers heading over the 3000 meters (10000 ft) mark in the Himalayas. You will be doing plenty of high-elevation trekking during the Gokyo Renjo La Pass Trek too. We have carefully planned acclimatization days to make sure your body is adapting to the altitude. These stops at

Namche and Gokyo are vital. However, only a small percentage of trekkers will be severely ill and caution can let you be safe here. Primary symptoms of altitude sickness include headache, nausea, breathlessness, vomiting, and in extreme cases hallucinations and unconsciousness. Make sure you let your guides know if you have any of these symptoms while trekking the Gokyo Lake trail. Here are some tips to prevent altitude sickness:

- Drink plenty of water. Keep rehydrating at regular intervals. It is best to drink a liter every hour you've walked here.
- Get plenty of rest & sleep. Don't push yourself too much while walking. The key is to ascend slowly and gradually.
- Do warm-up hikes and stretching before starting the trek for the day.
- Try eating a balanced diet. Avoid too-much salty food and alcohol throughout the trek.
- If necessary take the pills for Altitude sickness by consulting with your guide. If you feel too uncomfortable descend immediately.

## **Best time to Visit Gokyo Lake**

Post monsoon and early spring periods are the best time to visit Gokyo Lakes in Nepal. These include the months of March, April, May, October, and November. You can expect clear weather, fully-functional teahouses, plenty of daylight, and ideal trekking condition to do the trek in these months. However, off-season trekking is also an option if you are experienced enough. We suggest you do thorough planning and preparation while attempting to complete the Gokyo Lakes trek during any time of the year.

## **Benefits of Choosing Hillary Step Treks (HST)**

Here are some obvious reasons to choose Hillary Step Treks (HST) for the Gokyo Renjo La Pass Trek in Nepal:

- We are experienced. Our team has managed treks in Gokyo for well over two decades.
- Our guides are fluent in English, Nepali, and Local Sherpa dialects. They know the terrain, culture, people, and the Everest region through & through.
- HST will provide you best value services for your money. No hidden cost, every step with HST is transparent and clear. We value our clients over profit any day.
- Your safety is the top priority while trekking with the HST team.
- We go the extra mile to assure you of a complete trekking experience in Nepal. HST is your ideal choice for trekking in Nepal.

## **FAQs of Gokyo Renjo La Pass Trek**

## **Is there Bank, ATM & Money exchange available during the Gokyo Renjo La Pass trek?**

Yes, a couple of places have banks, ATMs & Money Exchange (Lukla & Namche) but rates will be lower than in Kathmandu so better to carry enough Cash from Kathmandu for your extra expenses.

## **What is the Luggage limit for Plane & Porter to carry?**

Limit luggage for the plane is 10 kg luggage & 5 Kg hand carry per trekker and Hillary Step Treks will provide one porter for two trekkers to carry a combined 20 Kg of Luggage (10 Kg for each trekker)

## **What will happen if the weather is bad in Lukla?**

Mountain flights need good weather to fly so if bad weather is because of rain, and clouds we have to wait until the good weather or another option will be a Helicopter Charter.

## **Do I need to do acclimatization during the Namche & Gokyo?**

Yes, we highly suggest two places for acclimatization to complete the EBC trek (Namche, Gokyo)

## **Can I hire or buy a sleeping bag and Down Jacket in Kathmandu?**

Yes, you can hire a Sleeping bag and down jacket in Kathmandu. They charge around RS 150-200 per piece per day. And You also can buy it if you need a fresh one.

## **What permit is required for the Gokyo Renjo La Pass trek?**

There are 3 permits required for the EBC trek. Pasang Lhamu Rural municipality permit, Sagarmatha National Park Fees & Trekkers Information Management System (TIMS) card.

## **How long does it take to reach Gokyo Renjo La Pass Trek?**

Generally, it takes 10-13 Days to reach the trek from Kathmandu. Depends on which route you choose

## **Do guides and Porters have Insurance?**

All, Hillary Step Treks Guides & Porters are covered by Insurance as well as Salary, Meals, Accommodation, equipment, etc. during the trek.

## **What is the Tipping culture like in Nepal?**

All our tour operators are a member of the Trekking Agencies Association of Nepal registered under the Nepal Government. You may wish to tip the guides and porters for their service during the trek. Tipping is your personal choice and you may tip about 10% of the trekking cost or more than that.

## **What documents do I need for the Gokyo Renjo La Pass trek?**

You need to submit the following documents by WhatsApp or Email after the advance deposit.

- A Copy of Passport copy
- P.P size Photos
- Flight details (Arriving and Departure date)
- Travel insurance which should include emergency evacuation

## **Address**

Nayabazar 16, Kathmandu, Nepal