

EVEREST via RENJO LA PASS



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Url: <https://mandalatrek.com.np/trip/everest-via-renjola-pass/>

Country

Nepal

Difficulty

easy

- 16 DAYS KTM/KTM

Day 01: ARRIVAL IN KATHMANDU

Transfer to hotel

Day 02: VISIT KATHMANDU.

Day 03: KATHMANDU - LUKLA (2840M) - PHAKDING (2610M)

Flight of about 35 minutes to Lukla (2840m), the small airfield serving the Khumbu region (flight subject to climatic and operational hazards). We start with a descent to Thado Koshigaon (2550m) followed by a gentle ascent along the Dudh Kosi (the “milk river”) that leads us to Phakding (2610m).

Day 04: PHAKDING - NAMCHE BAZAR (3440M)

We continue the ascent of the valley along the Dudh Kosi before starting the steep climb that leads to Namche Bazar (3440m), the capital of Khumbu (Sherpa country). Along the way, views of Thamserku (6608m) and Kusum Kanguru (6367m), and sometimes Everest (8850m) when climbing to Namche Bazar (about halfway down).

Day 05: NAMCHE BAZAAR

Acclimatization day in Namche Bazaar

Day 06: NAMCHE BAZAR - THAME (3820M)

Visit Namche Bazar in the morning then, after lunch, we quietly go up the valley of the Bhote Kosi (the “Tibet River”) to the village of Thame (3820m), at the crossroads of the valley that goes to the Rolwaling by the Trashi Lapsa (5755m) and the one that leads to Tibet by the Nangpa La (5716m).

Day 07: THAME - THENGPO (4370M) - THAME (3820M)

Day of acclimatization by climbing in a very wild valley to Thengpo (4370m), last "hamlet" before the Trashi Lapsa pass (5755m) which gives access to the Rolwaling Valley. Return to Thame (3820m).

Day 08: THAME - MARULUNG (4210M) - LUNGDHEN (4380M)

We leave towards the Nangpa La pass and Tibet by a path that can be very frequented by caravans that trade between the two countries (but the pass is sometimes closed). After crossing the Bothe Kosi, we climb to the village of Lungdhen (4380m).

Day 09: LUNGDHEN - RENJO PASS (5360M) - GOKYO (4790M)

After passing a fairly steep moraine front, the path climbs regularly on more or less grassy ridges, and we pass three small lakes of altitude. From the third lake, the climb to Renjo Pass (5360m) is not very long but quite steep: wide stone staircase! The arrival at the pass rewards all the efforts: incredible view of Everest and its satellite peaks! The descent (very steep at the start) joins the edge of one of the lakes of Gokyo then, following its left bank, we arrive at the hamlet of Gokyo (4760m).

Day 10: GOKYO - GOKYO RI (5360M) - DRAGNAG (4700M)

Ascent of Gokyo Ri (5360m) in the morning from where the view is one of the most beautiful in the Himalayas: Cho Oyu, Nuptse, Everest, Lhotse, Makalu ... Return to Gokyo and continue to the lower lake of Gokyo. We cross in 2 hours of walking the moraine glacier Ngozumba which descends from Cho Oyu to reach Dragnag (4700m).

Day 11: DRAGNAG - CHO LA (5420M) - DZONGLHA (4830M)

A valley and grassy slopes lead us to Nyimagawa (5041m), Cho La base camp. By a steep path (boulders) we reach the Cho La (5330m). A short passage on the glacier leads us to a kind of gigantic rocky ramp that allows us to reach the moraine and then the hamlet of Dzonglha (4830m).

Day 12: DZONGLA - LOBUCHE (4910M) - GORAK SHEP (5140M)

A short steep climb then a balcony path leads us to Lobuche (4910m) then we take a quiet valley before crossing the moraine in the middle of a gigantic chaos of rocks. We arrive at the “sand lake” of Gorak Shep (5140m).

Day 13: GORAK SHEP - KALA PATTAR (5600M) - GORAK SHEP

We climb for 2 hours to Kala Pattar (5600m) by a path, a little steep sometimes, but regular. From the summit, located at the foot of the almost perfect pyramid of Pumori (7161m), the view of Everest, Ice Fall and Nuptse (7861m) is striking! We then descend to Gorak Shep (5140m)

Day 14: GORAK SHEP - EBC - LOBUCHE

Day 15: LOBUCHE - TENGBUCHE (3860M)

We take the “classic” route to go down in 3 hours of walking to pangbuche (4410m), in front of the Ama Dablam (6856m), considered one of the most beautiful mountains in the world. Then in 2 hours of walking we reach tengbuche.

Day 16: TENBOCHE - NAMCHE BAZAR (3440M) - MONJO (2835M)

We reach Namche Bazar (3440m) and then descend to Jorsale and Monjo

(2835m).

Day 17: MONJO - LUKLA (2840M)

Return to Lukla (2840m), end of the trekking.

Day 18: LUKLA -KATHMANDU (1350M)

Return to Kathmandu by plane from Lukla; Transfer to hotel

Day 19: FREE DAY IN KATHMANDU.

Overnight at the same hotel.