



**GOKYO AND THE RHENJO LA (19<sup>th</sup> May to 2<sup>nd</sup> June 2024 – tentative dates can change)**

2024	DAY WISE ITINERARY	
Day 1	Arrive Kathmandu by 2 pm drive to Ramechaap – if we get the Kathmandu – Lukla flight then stay in Kathmandu	
Day 2	Fly to Lukla 2800m walk to Monjo 2800m 6-7 hours	
Day 3	Walk to Namche 3450m 4 to 5 hours uphill climb	
Day 4	Acclimatisation hike to Khumjung Kunde and Everest View Hotel and back to Namche	
Day 5	Phortse 3850m 6-7 hours extra acclimatization day for Gokyo advisable	
Day 6	Dole 4000m 5 hours	
Day 7	Machermo 4450 m 3-4 hours	
Day 8	Gokyo 4750m 4 hours	
Day 9	Walk to 5 <sup>th</sup> Lake and back to Gokyo	
Day 10	Climb Rhenjo la 5350m 3 hours and descend to Lungden 4380m 4-5 hours <b>long day</b>	
Day 11	Lungden to Thami 3850m and then to Namche 5-6 hours	
Day 12	Namche to Phakding 2650m 4-5 hours	
Day 13	Phakding to Lukla 2800m 4 hours	
Day 14	Lukla to Kathmandu by flight	
Day 15	Depart Kathmandu for home destinations	

**NOTES**

**Lukla Flights**

During the peak April- May and October-November season the flight to Lukla goes from an airport called Ramechhap (Manthali) 4 -5 hours drive from Kathmandu. In June the flights go from Kathmandu. Please note that poor weather can cause delays on the flights on the Lukla sector. At the end of the trip you should book the afternoon flights out from Kathmandu which gives you a day against delay on the flight back from Lukla. Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter, either flying up to Lukla or back to Kathmandu, the cost will be shared between those choosing to take this option. In the extremely unlikely event that flight cancellations cause you to miss your homeward flight, we will render all assistance, but cannot be held liable for any extra costs incurred. You could explore having an insurance for your flight cancellations.

**DATES**

We have selected the last two weeks of May for this trek as we have been noticing that the weather in April and even May has been highly unstable for the last few years with regular snowfall, every evening and rain showers as well. Towards end May before the monsoon sets in, there has been last two years stable sunny weather without rain or snow. This is a sort of lull before the monsoon. However, mountain weather has become very unpredictable so we don't know if this weather pattern will be repeated in 2024.

**Tax Collected at Source**

As per the requirements of Section 206C(1G) of the Indian Income Tax Act introduced from 1.10.2020 and e, **an amount of 5%** is to be collected from our clients for tour packages outside India and deposited as TCS ( tax collected at source) in our clients' accounts against their PAN numbers. This rule is applicable for resident Indians only with PAN numbers. **It is not applicable for foreigners or non resident Indians.**

## THE GOKYO LAKES AND RHENJO LA TREK COSTS MAY JUNE 2024

- Cost as per itinerary Indian citizens Rs 99,000 plus 5% TCS and foreign passports USD 1500
- Cost **does not include meals on the trek** which are directly paid for by our guests to the lodges concerned at actual menu rates. Budget around **US \$ 30-35 per day** for meals on the trek including **hot water in flasks, battery charging, wi fi charges, gas showers in lodges etc to be paid directly at the lodges. If you wish have cola drinks, beers, apple pies, special coffees, hot chocolates budget another \$10 per day.**
- The cost is per person for Kathmandu to Kathmandu (14 days) as per the itinerary given. Costs given above are at current rates of 2023 and may change without notice. Changes if any will be notified 3 months before the trek.

### Costs include:

Transport from hotel in Kathmandu to airport and back for Lukla flight including Ramechhap up and down transfer if needed - transfer from hotel to airport for KTM -India return flight. Sagarmatha National Park permit and Khumbu Pasang Lhamu permit or trekking in the Everest region.

All accommodation on the trek on **twin sharing basis**. In Namche Bazar for three nights top end deluxe rooms with attached bathrooms and hot showers will be provided. In Dole, Machermo and Lungden we will not be able to provide rooms with attached toilets – toilets will be in the corridor.

Hotel accommodation near Ramechhap if needed one night on the way in will be provided and one night on the way out is covered in good Thamel hotel (Mandala Boutique etc ) with breakfast on twin sharing basis.

Please note that porters will carry the duffel bag of two trekkers 11 -12 kgs weight each bag ( total around 23-24 kg weight) comprising of personal items, clothing, sleeping bag etc. The Lukla flight only allows 15 kg of baggage per person including day packs so excess baggage will be charged at the time of check in. Your duffle bag and day pack together should be around 15 kgs.

### Costs not included

Lunch and dinner in Kathmandu/ Ramechhap

**Breakfast lunch and dinner on the trek** is not included. Desserts, drinks, and exotic items listed in the lodge menus are not included. Alcohol, cold drinks (coca cola, sprite, beer), juices, ice cream etc on the trek and in Lukla are not included.

Client travel and medical insurance of any kind. Emergency evacuation costs if needed.

Video camera fees in National Parks (where applicable)

Excess baggage charges if any on the Kathmandu to Lukla flights.

Bottled drinks; boiled, filtered or bottled water; alcohol; snacks etc. Hot showers (Rs 300 per shower) are not included at lodges with shared toilets. Personal clothing and equipment; sleeping bag; down/ goretek jacket, medicines for personal use etc.

Air fare from residence country to Nepal and back

Tips to guide and porters at the end of trek will give a guideline on this later.

### Deposit to book the trek

There is a nonrefundable deposit to book the trek INR 20,000 per person for Indian citizens and USD \$300 per person for foreign passports– this is used to book the Kathmandu to Lukla tickets.

## **TERMS AND CONDITIONS**

### **CANCELLATION POLICY**

The cancellation policy and refunds available are given below:

0-7 days before the start of the trek = 100%

8 -15 days before the start of the trek = 75%

16-30 days before the start of the trek = 50%

31-45 days before the start of the trek = 30%

46 days and above = 20%

**The deposit is not refundable.**

### **IN CASE OF LEAVING THE GROUP**

If due to illness or any other reason a client has to leave the group and go down or wait at a lodge for the group to pick him/her up on the way back, all expenses including lodging, fooding and any porter/guide related expenses if any are to be borne by the individual client over and above the trek fees paid for the trek. There are also no refunds for leaving a trek before completion.

### **HIRING OF PONIES ETC**

In the eventuality of a client needed the services of a pony to come down to lower altitudes, the cost of hiring the pony will be paid by the client.

### **EVACUATION BY HELICOPTER**

In the eventuality of not being covered by emergency helicopter evacuation insurance and an evacuation is considered necessary, the cost of the evacuation will be paid by the client in advance to the helicopter company/travel agent etc as deemed necessary.

### **CANCELLATION OF LUKLA FLIGHTS**

In case the Kathmandu/Ramechhap to Lukla flight is cancelled, the additional cost for hotel accommodation in Kathmandu/Ramechhap is to be paid by the client over and above the contracted days accommodation provided.

In case the Lukla to Kathmandu/Ramechhap flight is cancelled, the client has the following options:

Continue to remain in Lukla at the client's cost (both fooding and accommodation) and try for a flight the next day or day after.

Depart from Lukla if possible using the services of a helicopter usually US \$ 500 per person. In this case the one way flight cancellation charges will be refunded to the client.

### **LODGES ON THE TREK**

The choice of lodges to be used on the trek will be decided by South Col and clients will have to stay at these designated lodges. Clients are not permitted to choose their own lodges on the route.

### **TREK ROUTE**

The trek route and day wise schedule will be fixed by South Col and will have to be followed by the client.

### **RISKS AND LIABILITY**

The trek is in a remote mountain area and has certain additional dangers and risks, some of which include: physical exertion for which the client should be prepared; weather extremes subject to sudden and unexpected changes; remoteness from normal medical services; evacuation difficulties.

In the event of injury or illness South Col Expeditions (Sujoy Das) or its Staff can, at the clients cost arrange any medical treatment and emergency evacuation service as it or they deem necessary for the health and safety of the client.

### **WAIVER OF LIABILITY AND RELEASE FORM**

The waiver of liability and release form is to be signed by the client before leaving for the trek.