

Overview

Everest base camp trek via gokyo lakes and cho la pass is one of the famous adventure treks in Everest region of Nepal. We cross one of the famous trekking pass, known as **Chola pass ((5,420m/17,782ft)** in this trek. this pass is one of the challenging high pass in Everest region trek. Join your Everest base camp trek via gokyo lakes and cho la pass with local expert **Sherpa Company** and cross **chola pass** with expert local sherpa guide. you don't need any technical awareness to cross this Pass. However, this pass is physically demanding for all average trekkers.

Our 17 Days of everest base camp trek via gokyo lakes and cho la pass allow you to enough time to explore the beautiful **Gokyo Valley**, to climb the Gokyo Peak (5357m/19,216ft) & Glacier. Our adventure journey to Khumbu region will begins after the short flight to nearest airport (Lukla), from where; thousand of trekkers begin their journey to scale the highest peak on earth. We follow the Everest trail up to Place called Kenjoma (where the trail from Khumjung joins the main trail). Our Expert local Sherpa guide will lead your trek day by day with full of care. You'll spend the nights and dine in the Mountain Lodge run by Sherpa People. Of course, you can get fantastic hospitably by our Sherpa team in this trek.

Guide Nepal Holidays organized hundred of treks to **everest base camp trek via gokyo lakes and cho la pass** every year. Our trek itinerary is well designed for proper acclimatization. However, **We will be happy to tailor-make an itinerary to suit your exact requirements and timeframe** .After crossing the high chola pass on our return journey we visit the Tegboche Monastery. This is one of the popular places of Buddhism in the Khumbu area. Join your trek with Local Expert Sherpa team and enjoy your adventure holiday in Nepal with our friendly staff.

Itinerary Details

Day 01 : Arrival Kathmandu (1300m / 4264ft)

Our office Staff with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself. Overnight Stay at lodge.

Day 02 : Fly to Lukla, trek to Phakding (2,651m/8,700ft): 8km, 3 - 4 hours trek

Approx. time: 3-4 hours Approx. height gain:1352m/ 4436ft Early morning you will be picked up by your guide to go to the Kathmandu airport, from where we will take the

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airplane to Lukla, which will take us about 30 minutes of flight time. At Lukla we will be meet our porters and will head north from the airstrip to Chablung (2700m). Here we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called "trekking peaks". Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding where we will stay overnight at Lodge. Accommodations: [Sherpa Mountain lodge/ Guest Houses] Meals: [Breakfast, Lunch and Dinner included] Special Information: ----- Please note that due to runway maintenance in Kathmandu airport April onwards, domestic flights to/from Kathmandu may arrive/depart from Ramechhap (also known as Manthali) Airport. The airport is located 130km (approx. 4-5 hours drive) from Kathmandu.

Day 03 : Trek to Namche Bazaar (3,438m/11,280 ft): 11km, 5 - 6 hours

Approx. time: 6-7 hours Approx. height gain: 788m / 2580ft From Phakding we follow the valley of the Dudh Kosi River, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola River and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). Accommodations: [Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 04 : Acclimatization Day - Namche Bazaar: (3,440m/11,284ft): Hike to Sherpa Village

Acclimatization is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascent towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchbacking trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar. Accommodations: [Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 05 : Trek from Namche Bazaar to Phortse Thanga (3,680m/12,073ft): 6km, 5-6 hours

Approx. time: 5-6 hours Approx. height gain: 240m / 789ft Today we progress to get our next destination. We climb towards the Khumjung hill and step down to the east of the

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village following the broad valley advancing to the Dudh Koshi from where the route turns north. We visit Mong, the birthplace of the reincarnated Lama of Tibet who is believed to have introduced Buddhism in the Khumbu region of Nepal. The Trail descends in a series of steep switchbacks down a slope to the Phortse Thanga. We stay overnight in Phortse Tanga, near the river. Accommodations: [Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 06 : Trek to Machhermo (4,470m/ 14,663ft): 10km, 4-5 hours

Approx. time: 4-5 hours Approx. height gain: 790m / 2590 ft. From Phortse Thanga it is a difficult hike to Machhermo. We hike on a trail alongside a rhododendron forest and pass throughout a waterfall before getting Tongba Village. We continue our uphill trek and pass through Dhole, Labarma and Luza villages before reaching Machhermo. Like the few small settlements in Khumbu Valley, Machhermo has only a few local Sherpa lodges and these are empty much of the year. Residents in Khumjung and Khunde normally own land here high up the valley, where they graze yaks in the summer months. It was here in 1974 that a yeti was reported to have attacked a sherpa and killed three yaks! We should get to Machhermo by lunchtime and in the afternoon there is time for an acclimatisation hike up onto the ridge behind the lodge for wonderful views of Tramserku, Cho Oyo (8210m) and all the mountains that flank the Ngozumba Glacier. This is a valuable acclimatisation day as we prepare for the higher altitudes and our ascent of Gokyo Ri (5483m). You can also visit Porter Shelter and Rescue Post, which are well worth a visit; here you can learn more about altitude and the work of IPPG (International Porter Protection Group). Accommodations: [Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 07 : Trek to Gokyo (4,800 m/15,744 ft): 7km, 4-5 hours

Approx. Time: 4-5 hours Approx. height gain: 460m / 1506ft Following the valley high above the river, we begin the climb to Gokyo village. There are outstanding views of Cholatse at the village of Pangka and we stop to enjoy them. We are now in high alpine country and as we approach the Ngozumpa Glacier we walk onto the moraine and rock that extends down from it. We experience superb views of Kantega to the south and Cho Oyu to the north. Each mountain has its specific charm and attractiveness, and you can understand why highland people have such spiritual meaning. Once we have mounted the snout of the glacier the path levels. We pass the first of the lakes, Longponga, before reaching second lake Taoche Lake, a larger body of water and a place where ducks are often seen swimming in the freezing waters on their annually immigrations to and from Tibet. As we walk up the valley our route parallels the Ngozumpa Glacier while dividing us from the glacier is the huge lateral moraine. Gokyo is a small village of lodges on the shores of a blue lake. We have lunch in Gokyo and in the afternoon we can walk up the hill behind camp for incredible views of the Ngozumpo Glacier. Accommodations: [Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 08 : Hike to Gokyo Ri (5357 m/17,570 ft) & trek to Dragnag (4700m). 8 Km, 5-6 hours

Approx. Time: 4-5 hours Approx. height gain: 557m / 1826ft Gokyo Ri positioned at the north edge of Dudh Pokhari and is the first of our Everest viewpoint peaks. This is a walk-up summit requiring no technical expertise - just determination and the capability to keep going in the thinning air. We leave the lodge just after first light, crossing the ablation valley and following a zig zag path up the hillside. As we ascent, the summits of Everest, Lhotse and Makalu gradually come into view and from the top of Gokyo Ri itself (5360m) we have one of the supreme views of Everest to be had in the Khumbu - some say it is a better view than that from Kala Patar (a similar peak which is much closer to Everest and one that we climb later in the trek). We return to the lodge for a breakfast or brunch before setting off on the next leg of our expedition. Descending to the second lake, we then climb to the crest of the moraine overlooking the Ngozumba Glacier. The route across the glacier is well marked by Cairns and takes around 45 minutes. We climb off the glacier at the place known as Dragnag (4700m) where we check into a simple lodge. Accommodations: [Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 09 : Cross the Cho La pass (5,367m/17,604 ft) to Dzongla (15, 939 ft): 7km, 7 - 8 hours

Approx. time: 7-8 hours Today is going to be one of the hardest days of the journey. The Cho La pass is not itself hard, but it is steep and involves a glacier traverse on the eastern side. We must be careful as the path is vertical and the rocks glazed by ice may cause difficulty by making the trail slippery. We start early to take benefit of the stable early morning weather pattern that commonly prevails in the Himalaya. Depending on the snow situations, it will take us roughly 5 hours to get the saddle of the pass from Thagnak. There will be time on the top of the pass to soak in the experience before the descent into the valley and the camp on the other side. This is a special day and for some the highlight of the trip. The views are exceptional all day. Words fail to explain the beauty and the sense of achievement of this pass crossing. Finally as we descend to our destinations beside the steep north face of Cholatse, the spectacular peak Ama Dablam comes into view. The village provides great views of Cholatse, Ama Dablam, Lobuche mountains along with the Pheriche Village far below Accommodations: [Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 10 : Trek to Lobuche (4940 m/16,207 ft): 6km, 2 - 3 hours

Estimated time: 3-4 hours estimated height gain: 158m / 519ft The early morning sun is welcome after a cold night and reveals a dramatic view of amazing peaks. We cross-high on the flanks of Awi Peak, above the village of Chola and continue past Cholatse Lake. Beyond the lake, the Chola Glacier flows steeply from a saddle between the cliffs of Cholatse and Taweche in a rugged and lovely display. We crest a small rise and before us unfold the magnificent form of Nuptse (7745 m), rising above the Khumbu Glacier. We

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remain our walk until we join the busy trail from Thyangboche to Lobuche, where the volume of people and yaks may come as quite a shock. The successful 1953 British Expedition to Everest thought of this place as a warm and pleasant rest point. The hill above the settlement offers fine sunset views of Nuptse. Accommodations:[Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 11 : Gorakship – Everest Base Camp (5364m / 17598ft) & return to Gorakship (5170m / 16961ft)

Approx. time: 6-7 hour Approx. height gain: 346m / 498ft Giant Himalayan peaks now surround us; Everest, Nuptse, Lingtren, Khumbutse and Pumori tower above us. Today is long and difficult as we visit Everest Base Camp (5,364m). The path from Lobuje climbs gradually by the side of the Khumbu Glacier, with some steep ups and downs on a rocky trail. It will take us about 3 hours to get Gorak Shep (5,180m), a group of lodges located at the foot of Kala Pattar. After a short break and an early lunch, we fill our water bottles and make sure we have sufficiently of snacks (there are no lodges from here to Base Camp) and set off for Base Camp. The route heads along the crest of the moraine at first with plenty of undulations, some of them quite steep. We then drop sharply down onto the Khumbu Glacier itself, where we get wonderful close-up views of the great Khumbu Icefall as it tumbles down from Accommodations:[Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 12 : Hike to Kalapattar[5,545M/18,192 ft) & trek Pheriche [4280M]

Approx.. time: 6-7 hours After an early morning rise we will start our day by hiking the Kala Pattar (5545m).Kala Pattar is not a Nepali name but a Hindi name and translates to "black rock". From these black rocks atop the hill the views are wonderful. Most eyes are locked on the mass of Everest and its rocky buttresses straightaway before us. Many of the well-known climb routes are quite clear. Below us the Khumbu Glacier snakes towards the icefall and Western Cwm. We can see the area where expeditions set their base camp but the original site was at Lake Camp, now known as Gorak Shep. Take a look in every direction and soak it in The view down the glacier to the peaks of Ama Dablam and Kang Taiga is no less spectacular. Returning to Gorak Shep, we first retrace our steps to Lobuche before descending the Khumbu Valley on the main Everest trail. We pass numerous memorials to Sherpas and other climbers who have died on Everest. As we descend to the teahouses of Dugla. Here we have a choice of routes either directly down the main trail to Pheriche (4240m) or via a high level traverses to Dingboche. We will stay overnight in a lodge at one of these Sherpa settlements. Accommodations: [Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 13 : Trek to Namche Bazaar: 20km, 6 - 7 hours

Approx. time: 6-7 hours A rather easier day today although still a long one as we walk through greener pastures beside the Imja Khola. First we trek mostly downhill to Pangboche, where we may make an optional climb to visit the monastery, the oldest in the Khumbu. From Pangboche, it is a short and pleasant walk down to a bridge slung

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stunningly over a narrowing of the river as it plunges through a rocky gorge. Just beyond the bridge we enter a forest of rhododendron, birch and pine, the first trees we have seen for over a week. It is a short climb through the rhododendrons and pine trees to the top of the ridge and one of Nepal's finest monasteries at Tyangboche. Here, we will take a tour of the main gumpa and its visitor center. Leaving Tyangboche we descend a steep path to the village of Phunki where there is a bridge crossing the Dudh Kosi. Climbing once again we meet our original path to Gokyo and a short way beyond this junction we finally reaches Kanjuma from where we can enjoy views of Ama Dablam, Thamserku and Nuptse mountains. We also pass winding trails then throughout a forest before getting Namche Bazaar. Accommodations: [Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 14 : Trek to Lukla (2,860m/9,186ft): 19km, 6 - 7 hours

Estimated time: 5-6 hours Wake up for an early breakfast in Namche, and then repeat your steps back to Lukla following the Dudh Kosi river valley. It's a long day, but it won't be too hard as it's downhill and you'll be in good shape from all the earlier days of walking. You'll make your way throughout villages like Chumoa, Benkar, Phakding, and Chuthawa, eventually reaching the Pasang Lhamu Memorial Gate signifying the end of the trek. Though most of the route is an easy downhill slope, the last section of trail before arriving takes you uphill—a fitting way to end. With Lukla's handful of shops, bars, and cafes—and even a faux Starbucks! —There are plenty of things to occupy your time as you reflect on your experience. Accommodations: [Sherpa Mountain lodge/ Guest House] Meals: [Breakfast, Lunch and Dinner included]

Day 15 : Fly from Lukla to Kathmandu

After breakfast in Lukla, you'll take an early morning flight back to Kathmandu. Upon arrival, you'll be transferred to your hotel and will be able to enjoy the rest of the afternoon and evening at your leisure. Explore Kathmandu's streets on foot, bicycle, or rickshaw, perhaps shopping for souvenirs or seeing anything you may have missed at the beginning of your trip. Other ideas include rewarding your muscles after the trek with a massage service at Seeing Hands (services are offered from the visually impaired), or the more upscale Kinjalla Spa. You can also take an early evening yoga class at Pranamaya Yoga, with two locations in Thamel and Patan. In the evening, choose from a selection of Nepali, French, Vietnamese, and Middle Eastern dishes in Kathmandu. Accommodations: Hotel Meals: Breakfast

Day 16 : Contingency day in case of bad weather

It is more or less a backup day we keep in hand in the event of a delay in flights from Lukla to Kathmandu, which occasionally happens; so, if this doesn't occur which is good and fortunate, and then it's just great. You can do half day city sightseeing or it's your rest at our lovely hotel after long trek. You could use this day for some shopping of souvenirs or penning a few postcards to the loved ones at home. It's your day anyway. Best Hotel Accommodation Accommodations: Best Hotel Accommodations Meals: Breakfast

Day 17 : Depature

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime. Breakfast included.