

## Overview

Gokyo chola pass trek 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. you don't need any technical awareness to cross this Pass. However, this pass is physically demanding for all average trekkers.

Our three weeks of Gokyo chola pass trek 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 Gokyo valley and Chola pass every year. Our trek itinerary is well designed for proper acclimatization. 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 : Flight To Lukla And Trek To Phakding (2652m / 8700ft)

Estimated time: 3-4 hours estimated 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 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.

### **Day 03 : Trek To Namche Bazaar (3440m / 11280ft)**

Estimated time: 6-7 hours estimated 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). Overnight Stay at lodge

### **Day 04 : Namche Bazaar Rest**

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. Overnight Stay at lodge

### **Day 05 : Portse – Tanga – Dole (3950m / 12959ft)**

Estimated time: 5-6 hours estimated height gain: ~23m / 75ft In aid of acclimatization the time spend trekking today is short. The trail first climbs steeply out of the valley through rhododendron forests, which give away to fragrant stands of juniper and large conifers. This part of the trek is especially beautiful in spring when the rhododendrons are blooming. We pass a herders' hut at Tongba (3950m) and then climb gently to Dole. From here the views of Khumbila and Tawachee are tremendous throughout the day, and it is possible to climb a ridge behind Dole for an even broader view up and down the valley. Overnight Stay at lodge

### **Day 06 : Dole- Macchermo (4340m / 14238ft)**

Estimated time: 4-5 hours estimated height gain: ~390m / 1279ft The trail starts today by

### Gokyo Chola Passes Trek

climbing steeply through scrub junipers to a single lodge at Lhabarma (4330m). We pass the small settlement of Luza (4340m) and continue to climb along the side of the valley, high above the river to Machhermo. It was here that a yeti supposedly killed three yaks and attacked a Sherpa woman. This is the most credible yeti incident ever reported, so be watchful as we visit this region. Overnight Stay at lodge

#### **Day 07 : Machharmo - Gokyo (4800m / 15744ft)**

Estimated time: 4-5 hours estimated height gain: ~460m / 1506ft Beyond Machhermo the trail climbs a ridge for an excellent view both down the valley to Kantega and upwards to Cho Oyu. Beyond the ridge the valley widens as the trail reaches the small village of Pangka (4390m). After passing Pangka the trail drops briefly, then climbs to a large cave known as Nilibuk. After Nilibuk we climb steeply along a narrow, newly crafted staircase trail. Atop the staircase the trail crosses a simple wooden bridge to the first small lake, Longponga, at 4650m. The trail now becomes almost level as it follows the valley past a second lake, known as Taujun, at 4710m and finally up a boulder strewn path to Gokyo. Gokyo is a collection of stone houses and walled pastures on the shores of a large lake known as Dudh Pokhari. Overnight Stay at lodge

#### **Day 08 : Gokyo Valley- Climb Gokyo Ri (5357m / 17570ft)**

Estimated time: 4-5 hours estimated height gain: ~557m / 1826ft The views around Gokyo are tremendous. For the best views we will climb Gokyo Ri (5357m) today. From here we will have a panoramic view of Cho Oyu, Gyanchung Kang, Everest, Lothse, Makalu, Cholatse and Tawachee. After we enjoyed the view we will return to Gokyo village for the night. Overnight Stay at lodge

#### **Day 09 : Gokyo - Dargnak**

Estimated time: 4 hours This is short trek to Dragnak. We will spend overnight at this place. Overnight Stay at lodge

#### **Day 10 : Dragnak – Cho La Pass (5368m / 17611ft) – Dzongla (4860m / 15944ft)**

Estimated time: 7-8 hours Early morning trek to Cho la pass (5320m). If there is lots of snow in top of Cho la and seems like not possible to cross this high pass, the alternative route will be trek to Portse and follow the Everest base camp trek route via Pheriche and Lobuche. Normally, we can cross this pass with little snow. Overnight Stay at lodge

#### **Day 11 : Dzongla – Labuche (5018m / 16463ft)**

Estimated time: 4-5 hours estimated height gain: ~158m / 519ft Trek to Lobuche is easy and short for today. After long walk, you may need rest and acclimatization. Or you can trek direct to Gorakshap too. This is all depending on you and need to fit everything. Overnight Stay at lodge

**Day 12 : Gorakship – Everest Base Camp (5364m / 17598ft) And Back To Gorakship (5170m / 16961ft)**

Estimated time: 6-7 hours estimated height gain: ~346m / 498ft We will trek to Gorakshep (the Last point where lodges are Available). From these places, we have to walk up to Everest base camp and back to Gorakshep for Overnight. There are no lodges at Everest base camp or kalapattar. This high places are a day walk and return to Gorakshep and down as per necessary. Overnight Stay at lodge

**Day 13 : Trek to Kalapattar[5,545M/18,192 ft) & Pheriche[4280M] -Overnight Stay at Lodge**

Estimated time: 6 hours After an early morning rise we will start our day by climbing the Kala Pattar (5545m). This is a steep ascent up the grassy slopes west of Gorak Shep. From Kala Pattar the entire Everest south face is visible as well as Lho La (the pass between Nepal and Tibet, also named the Western Cwm), Changtse (the northern peak of Everest) and most of the West-Ridge route. We return to Gorak Shep and continue to descent to Pheriche. Overnight Stay at lodge

**Day 14 : Pheriche - Namche (3440m / 11280ft)-Overnight Stay at Lodge**

Estimated time: 5-6 hours This is descending trek, so you can either trek down to Tengboche ( same way back) or trek up to Namche. which offer much better views of Everest and others and Namche Bazaar is really nice sherpa Village at 3440 m. Overnight Stay at Lodge

**Day 15 : Namche- Lukla -Overnight Stay at Lodge**

Estimated time: 6-7 hours This is easy day and short day. All the way descend via Namche bazaar. You can spend time around Everest view hotel at Khumjung and take lunch at Namche and slow trek all the way to Lukla. Overnight Stay at Lodge

**Day 16 : Lukla-Kathmandu**

After breakfast, fly to Kathmandu (this is scenic flight of 35 min). Drive to Hotel and easy day at Kathmandu city for rest day or shopping. Overnight Stay at Hotel

**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.