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1. Everest Base Camp Gokyo Trek Via Cho-la Pass

2. Overview

Most trekkers reach the Everest Base Camp and return home. But in this exclusive 17-day EBC Chola Pass Gokyo Trek journey, you will stand at Base Camp, climb Kala Patthar at dawn, cross the icy…

3. Itinerary

Day 01: Arrival in Kathmandu via respective airlines.

Altitude: 1350 m | Stay: Hotel

On arrival at Kathmandu and Nepal International Airport, received by our High Route Adventure staff and guide with a warm welcome, then transfer to your hotel with a short drive in the heart of Kathmandu city around Thamel, the most happening and interesting place to be. At the hotel, after checking in to your nice rooms for refreshing rest after jet-lag, then meet our guide with other members of EBC Chola Pass Gokyo Trek for a briefing with other useful information regarding your time in Nepal and treks. Evening welcome dinner in a nice authentic Nepalese restaurant with a Folk Cultural program to entertain as you enjoy typical Nepalese meals. Rest of the night rest and preparation for the next early morning flight to Lukla for the trek to Everest base camp and Gokyo Valley.ebc chola pass gokyo trek

Day 02: Fly to Lukla and trek to Phakding

Altitude: 2641 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Flight Duration: 25 minutes Early departure from the hotel after breakfast, where our guide and staff Transfer to Kathmandu domestic air-terminal, after checking in with security formalities then board in a small aircraft of respective airlines, either Twin Otter or Dornier types of aero-plane for a sweeping short scenic flight to Lukla. During air enjoy a super panorama of the Himalayan mountain range with Mt. Everest and beautiful Nepalese country landscapes. As the plane hits the runway to a parking area at Lukla airstrip. The airport named after Tenzing and Hillary to make the first ascent on top of Mt. Everest on May 29th, 1953. From Lukla airport after baggage clearance and carried by our strong porters, the start the trek through lively Lukla town and its shops, stores, and fancy restaurants heading short downhill, and then on a gradual winding path past Sherpa farm villages to reach Phakding for an overnight stop in a nice cozy lodge with large dining hall, located next to Dudh Kosi glacial river.ebc gokyo chola pass trek

Day 03: Trek to Namche Bazaar

Altitude: 3440 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

One of the long days to reach the famous Namche Bazaar, where altitude picks up to above 3,000 m onwards. The morning after nice breakfast walk for few hours till lunch at Jorsalle village, where walk follows gradually up to cross over a suspension bridge above Dudh Kosi River, to reach lovely Monjo village facing views of Kongde, Thamserku and Khumbila the holy and patron mountain of Khumbu Sherpa. Enter Sagarmatha National Park, where your guide will pay for the entrance tickets of the park. As you reach Jorsalle for a lunch stop in a nice lodge restaurant after a refreshing break walks into a lovely cool forest lined with tall rhododendron, oaks, magnolia, pines, and fir trees following a river bed to reach the last bridge before Namche Bazaar. From the bridge a long winding uphill climb facing

views of surrounding peaks, with Mt. Everest in a clear fine day, as the walk continues for another few hours to reach colorful Namche Bazaar, a large village nearly a size of a town with many good facilities for travelers with banks, post-office, well-stocked shops and restaurants with fresh bakeries. At Namche check into a nice lodge for two overnight stops with the warm hospitality of the Sherpa landlord, and relax with warm refreshment overlooking views of Kongde peaks.

Day 04: Rest day at Namche Bazaar for acclimatization and short hike

Altitude: 3440 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

A perfect height and location for a rest day to support acclimatization, before heading higher ground, the best way to get acclimatize is to climb up and rest or sleep at a low altitude. At Namche, after leisure breakfast, one can take a short hike to follow scenic and cultural places around and beyond Namche Bazaar. Options for Hike and short walks Namche Rest Day: Short distance walk above Namche to a museum at Sagarmatha National Park headquarter. Offers grand views of Everest, Nuptse, Lhotse, and Amadablam with other adjoining peaks. The museum with full information on Sherpa culture and custom, landscapes, flora, and fauna with the history of the Mt. Everest mountaineering expedition. Hike to Everest View Hotel, the highest deluxe hotel in the world at 3,880 m high offers views of Everest and Amadablam, for energetic people can hike to Khumjung and Khunde villages. Located on a glacial valley where you can have lunch at Khumjung or Khunde and return to Namche overnight.
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Day 05: Trek to Tengboche

Altitude: 3867 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Another scenic day walks in the morning to Tengboche and its famed monastery, leaving Namche Bazaar after breakfast, where the route takes you on a nice winding trail with glorious views of Mt. Everest and majestic Amadablam with adjoining peaks. As the walk leads within the beautiful forest with down to Imjatse River at a small called Phunge-Tenga. A favorite lunch stop for all trekkers on route Tengboche, having simple hot lunch, the afternoon climb into serene woods of rhododendron, pines and fir trees to reach the overnight stop in Tengboche, a scenic spot with an impressive Buddhist monastery. At Tengboche check into a nice lodge, with time for a tour of the monastery and observe monks on prayer ritual, where mountaineers visit to get blessed by the high priest for a successful and safe climb.

Day 06: Trek to Dingboche

Altitude: 4260 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Morning enjoys the views of Everest, Lhotse, Nuptse with Amadablam and other peaks that surround this beautiful place Tengboche. The walk starts downhill into lovely tree lines to reach a strong metal bridge, above the deep gorge of Imjatse River, as walk heads uphill behind tree lines to Pangboche the last permanent village on route base camp and Gokyo valley. The other places beyond are temporary settlements to cater to the needs of travelers with several lodges and restaurants, as the adventure continues towards Imjatse valley where overnight halt at Dingboche located, a nice place with many good lodges with views of Island Peak and Amadablam north face.

Day 07: Rest day at Dingboche for acclimatization, hike to Nakarjung or Chukung

Altitude: 4260 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Another spare and rest days for acclimatization, as well as for side trip to the high hill of Nakarjung above Dingboche and Imjatse valley, where you can gain more heights for acclimatization, offer grandeur views of Nuptse, Lhotse, Lhotse Shar with towering Island peak with Amadablam, includes world 5th highest Mt. Makalu in the east direction. Another hike is to Chukung at the end of the valley of 5-6 hours round trip where interested and energetic people can enjoy the full day hike both ways.

Day 08: Trek to Lobuche

Altitude: 4960 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

After pleasant stops at Dingboche, our adventure heads closer to our first major highlights Everest base camp, morning a short steep climb to a ridge above Dingboche, and then on easy gradual uphill to reach a small place in Thugla. Possible lunch stop with close views of Amadablam and Cholatse peaks, this is where Pheriche, Dingboche route joins with the trail to Everest base camp and Lobuche. Having a refreshing lunch stop, an hour or less steep climb to Thugla small pass at 4, 780 m high, this is the spot with many stone memorials of unfortunate climbers on an expedition to major mountains and Everest. From here a slow easy walk, but the altitude gain makes it makes the trek longer with few stops till Lobuche is reached for afternoon tea and an overnight stop in a nice cozy lodge.

Day 09: Trek to Gorakshep, hike onward to Everest Base Camp, and return to Gorakshep

Altitude: 5180 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today’s adventure leads to our first target at Everest base camp, an early morning start with slow and steady walks with short steep up to reach a place where the route to Everest base camp and Glass Pyramid a metrology station located. Interested people can visit tall glass pyramid and acquire information about the movement of glaciers, and the change of climate around the Himalaya region. After an interesting short visit, head back on the main trail as a walk follows above Khumbu glacier with a view of mighty Everest and the lofty peak of Pumori, and then reach Gorakshep, a small settlement with few lodges located beneath Kalapathar and to Everest base camp. Gorakshep was an earlier Everest base camp in the 1950s to late 1970s. After a rest, continue to walk towards the east on a vague path within moraine and glaciers to reach right in the heart of Mt. Everest at base camp. Enjoy, marvelous stupendous scenery looking around giant peaks with a close view of Khumbu Ice-Fall and glaciers, after a great experience standing beneath the world's highest peaks, then back to Gorakshep for an overnight stop.

Day 10: Early morning climb to Kala Patthar for the sunrise view, then trek to Dzongla

Altitude: 4850 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Early morning to catch the best panorama of surrounding high mountains and for a sunrise that reflects on snow peaks. A strenuous climb of two hours to reach the highest spot of the adventure, facing grand views of towering giant peaks with Mt. Everest at a close distance from where you stand. After achieving our major target Everest base camp and climb of Kalapathar, descend to Gorakshep for breakfast, and then continue to walk back to Lobuche. From Lobuche an easy pleasant walk near Thugla, where our route diverts from the main Everest base camp trail to reach a small hidden valley at Dzongla for an overnight stop, after a lovely scenic morning. Dzongla is located at the base of Cho-la pass with a few simple lodges. Cho-la passes the forms a barrier between east and west of the Khumbu area.

Day 11: Cross the Cho La Pass and ascend to Thagnak

Altitude: 4750 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Our longest and hardest day of the adventure, with an early morning start with an easy walk for short while to reach at the bottom of Cho-La, and then climb begins on rocky slopes close to Cholatse peak, as route leads to more steep slopes on a rugged path to reach on top of Cho-la pass, marked with prayer flags and stones piles, the pass offers incredible views of surrounding peaks of Cholatse, Nirekha, Lobuche east and west peaks with Cho-Oyu. Enjoying a great feat of the journey, then descend with care on a moraine with rocks to reach North-West side of Khumbu within Gokyo valley at Thagnak, a small settlement with some lodge.

Day 12: Trek to Gokyo Village and Lakes

Altitude: 4800 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

This morning a gentle short scenic walk to the main Gokyo third lakes, a leisure walk beneath Ngozumba glacier, then reach the first and second lakes to reach Gokyo third lake, where many good lodges are located close to the crystal clear glacial lake with awesome views of Mt. Cho-Oyu towards the north. Enjoy the afternoon, walking around the lake or just relax and marvel at the beautiful scenery that surrounds you.

Day 13: Hike up Gokyo Ri for epic summit panoramas, and descend to Dole

Altitude: 4110 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Early morning before breakfast, last big climb to reach on top Gokyo-Ri, where you can overlook views of the world's four highest peaks namely, Everest, Lhotse, Makalu, and Cho-Oyu with an array of lesser peaks. The view includes Gokyo valley and its beautiful turquoise-colored lakes with Ngozumba the longest glaciers of Nepal Himalaya that feeds the Dudh Kosi River further downstream. After a marvelous moment around the high valley of Gokyo and glacial lakes descend to the lower valley on the downhill to Dole for last overnight around the Gokyo area.

Day 14: Trek to Monjo

Altitude: 2880 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

From Dole short descend to Phortse Tenga, with a climb to Mong Hill a place with small lodge and shops, offer grand views of the snow mountain range, enjoy a short rest then continue downhill to reach on the main trail near Shanasa village, from here on the nice pleasant wide path to Namche Bazaar for a possible lunch stop. From Namche downhill to Dudh Kosi River valley, and back into green tree lines to reach Sagarmatha National Park and at Monjo village for an overnight stop.

Day 15: Trek back to Lukla

Altitude: 2810 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Our last day walk of the journey starts with an easy descend with a short up then crosses a long bridge to follow the Dudh Kosi River till Phakding village. From Phakding, a nice pleasant trek with few ups and down to Ghat and Tade-Kosi, and then with last climb for an hour to reach at Lukla for final overnight stop around Everest and Khumbu. Afternoon free at leisure to explore around interesting Lukla town.

Day 16: Morning flight to Kathmandu and transfer to hotel

Altitude: 1350 m | Meals: Breakfast/Dinner | Stay: Hotel

Flight Duration: 25 minutes **Drive Distance:** 6 km **Drive Duration**: 30 minutes Early morning short walk to Tenzing and Hillary airport, as a time for your flight board in a small aircraft for a short scenic flight to Kathmandu, during air enjoy a panorama of the Himalayan peaks with Everest. On reaching Kathmandu airport, transfer back to your hotel, with time in the afternoon for individual activities and a shopping spree.

Day 17: Final departure for International flight homeward bound

Altitude: 1350 m | Meals: Breakfast

Last day in Nepal, a country of great bio-diversity of cultures and landscapes with Himalayan wonders, as per your international flight time transfer to airport for final flight departure homeward bound, after a great mesmerizing experience and adventure on Gokyo Everest base camp trek via Cho-La Pass.

5. Cost Includes

- Airport pickups and drops in a private vehicle
- Two-night 4-star hotel accommodation in Kathmandu with a BB plan
- Fourteen -night teahouse accommodation during the trek
- All meals (breakfast, lunch, and dinner) during the trek
- Farewell dinner after complete your mission
- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- An experienced, English-speaking and government-licensed trek Guide
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation
- Down jacket and sleeping bag (Returned after trip completion)
- All necessary paperwork
- Medical kit
- All government and local taxes

6. Cost Excludes

- Nepalese visa fee
- Excess baggage charge(s) (If more the 15 kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide and porter

7. Equipment / Packing List

Preparing well for the EBC Chola Pass Gokyo Trek is key to having a safe and enjoyable journey. This trek involves high altitudes, varying weather, and challenging terrain, so packing the right gear and clothing is essential. Use this carefully prepared packing list to make sure you have everything you need for a comfortable and successful adventure in the Himalayas.

Clothing

- Insulated down jacket (warm and lightweight)
- Waterproof and windproof jacket and pants
- Thermal base layers (top and bottom)
- Fleece or wool mid-layer jacket
- Trekking shirts (moisture-wicking)
- Trekking pants (lightweight and durable)
- Warm hat/beanie and sun hat
- Gloves (warm and waterproof)

- Trekking socks (multiple pairs, preferably wool or synthetic)
- Gaiters (to keep out snow and dirt)
- Comfortable trekking boots (well broken-in and waterproof)
- Camp shoes or sandals for lodges

Gear & Accessories

- Backpack (40-50 liters) with rain cover
- Daypack for daily essentials
- Trekking poles (adjustable)
- Sleeping bag (rated for -15°C or lower)
- Headlamp with extra batteries
- Sunglasses (UV protection)
- Sunscreen (high SPF) and lip balm
- Water bottles or hydration system (2-3 liters capacity)
- Water purification tablets or filter
- Personal first aid kit (including altitude sickness medicine)
- Toiletries (biodegradable soap, toothbrush, toothpaste, quick-dry towel)
- Personal medications and insect repellent
- Camera or smartphone for photos
- Power bank and charging cables
- Documents & Money
- Passport and copies
- Trekking permits (Sagarmatha National Park, Khumbu Pasang Lhamu, Gaurishankar if applicable)
- Travel insurance with high-altitude coverage
- Cash in Nepalese Rupees (small denominations) for tea houses and extras

Optional Items

- Snacks and energy bars
- Notebook or book for leisure
- Lightweight binoculars
- Extra ziplock bags for keeping electronics dry

Note: Trekker can rent the gear items at Thamel rental shops at affordable price.