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# Gokyo Lake Chola Pass EBC Trek




## Tour Overview

The Gokyo Lake, Chola Pass, and Everest Base Camp trek is one of the most stunning and challenging adventures in the Everest region of Nepal. This trek combines the breathtaking beauty of the Gokyo Lakes, the high-altitude challenge of crossing the Chola Pass, and the iconic experience of reaching Everest Base Camp.

This trek offers a rewarding adventure through breathtaking Himalayan landscapes. With proper preparation and a positive mindset, you'll ensure an unforgettable experience!

## Detailed Itinerary

#### Day 1: Arrive in Kathmandu International Airport

Welcome to Nepal, you will greet at the airport, then transfer to respective Hotel and in the Evering you will be briefed upcoming program. Overnight in Kathmandu.

#### Day 2: World Heritage sites- Sightseeing Day Tours

Guided sightseeing tour of Kathmandu, including Bouddhanath stupa, Pashupatinath temple, Kathmandu Durbar square and Swoyambhunath stupa.We take you to Bouddhanath stupa to show you 1500 years old stupa, the biggest in the world. Loaded with prayer flags and Tibetan pilgrims, it is an intoxicating place. The Swoyambhunath stupa is even older and commands a superb view of Kathmandu city and the Himalaya. Kathmandu Durbar square is where Nepal's finest temples and palaces are found. In the old Hindu temple of Pashupatinath you will get opportunities to meet the Sadhus and see Hindu cremation rituals among other interests. Overnight at Hotel (B/B basis)

#### Day 3: Fly Lukla -Overnight Phakding Hotel.

We leave for Lukla on an early morning flight. It will be an adventurous ride as the Tenzing/Hillary airport is a steep airstrip that is actually hanging off the side of a mountain. After reaching Lukla, we meet the rest of our trekking staff and begin trekking to Phakding. Overnight in Phakding. Flight: 40 min

Hiking: 3-4 hrs

Maximum Altitude: 2610m

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 4: Trek to Namche via crossing Hillary Bridge-3440m**

Today we all most hike up to Namche bazzar. It is an uphill hike and the hardest day in your trek. Trekking slowly and stopping frequently for photographs, we take lunch on the way, cross a long suspension bridge over Dudhkoshi river and finally reach Namche Bazzar.Namche is the headquarter of Everest region, an active mountain village where you will get almost everything you will wish as a trekker- shops, restaurants and bar, a bakery, hotel with hot showers and electric power, trekking gears , and even internet facilities are here.

Hiking: 5-6 hrs

Maximum Altitude 3440m

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 5: Acclimatization Day in around Namche-Khumjung village**

Acclimatization is important for us to adjust to the gradual change in environment. It will also help us to prevent catching Acute Mountain Sickness (AMS).  Today we hike to Khumjung villages, enjoy the Himalayan vista from Syangboche or tour the quaint streets of Namche Bazaar. We can also visit the Tourist Visitor Center where we can see a variety of things related to the first Everest ascenders and Sherpa culture. This visit will also get us acquainted with various plant and animal life of the Everest region. In Khumjung we can even visit a monastery that houses a yeti scalp! We also climb up to the airstrip above Syangboche and enjoy incredible views of Kongde, Thamserku and Khumbila mountains. We walk back to Namche Bazaar to spend the night.

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 6: Trek to Dole (4,200m)**

The journey commences with an ascent along the uphill trail from the Dudh Koshi valley. The path ascends through a flight of stairs and then meanders through a forested terrain towards Phortse Village. You will traverse an uneven route that heads west towards the Gokyo valley. As you progress, you may catch glimpses of Himalayan Thar, Himalayan pheasant (Danphe), and musk deer.

Just before Kyanjuma, the path descends and then continues towards Sansa village. Ultimately, you will reach the final leg of your journey, crossing into the Gokyo Valley. The route offers stunning views of the Ama Dablam, Thamserku, Tawache, and Khumbila mountains.

Hiking: 5-6 hrs

Maximum Altitude 4200m

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 7: Trek to Machhermo (4,470m)**

The trek commences from Dole, reaching Lopharma within half an hour. Beyond Lopharma, the route traverses forests abundant with wildlife such as mountain goats, pheasants, and musk deer, leading to Luza. From Luza, the path gradually descends to Machhermo, a trek of approximately one and a half hours. From Machhermo, one can relish the breathtaking views of Taboche, Cholatse, and Kajyori.

Hiking: 5-6 hrs

Maximum Altitude 4470m

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 8: Trek to Gokyo Lake (4,800m)**

You will leave Machherma and start your trek to stunning Gokyo Lakes. As you trek, you can take in breathtaking views of the Kangtega, Thamserku, and Cho-Oyu peaks. Gradually, the valley will widen at Phangga village, but be prepared for the challenging terrain ahead. A brief descent will lead you to a riverbank, from where you'll begin the ascent towards the Ngozuma glacier - the largest glacier in the Everest region. Then, you will pass by Longpongo and Raboche Tsho before arriving at Gokyo Lake, also known as Dudh Pokhari.

Hiking: 5 hrs

Maximum Altitude 4800m

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 9: Hike to Gokyo Ri (5,357m) and Explore around**

Early morning hike to Gokyo Ri for breathtaking views of Everest, Lhotse, Makalu, and Cho Oyu.

Explore the Gokyo Lakes and the Ngozumpa Glacier.

We spend another day in Gokyo to acclimatize to the high altitude. If the weather is good, we climb Gokyo Ri today. From the top of Gokyo Ri we admire the Himalayan vista and the tranquil Gokyo lakes. We also hike to the fourth and the fifth Gokyo lakes. The 4th lake is only about 3km north of Gokyo. It is marked by high cliffs and Himalayan peaks rising above it. We continue to be walking a little further and reach the 5th lake. A climb up a nearby hill will guarantee us remarkable views of Cho-Oyu, Gyachung Kang, Mt.Everest, Lhotse, Nuptse, and Makulu. We can see a lot more from here – the spot is called Scoundrel’s Viewpoint. From the northern part of the 5th lake we see the Cho Oyu base camp and Ngazumpa Glacier which is the biggest glacier the world. We walk back to Gokyo to spend the night.

Hiking: 5-6 hrs

Maximum Altitude

5,357m/17,576ft

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 10: Trek to Dragnag (4700 meters)**

An early morning ascent to Gokyo (approximately 3 hours) provides breathtaking views of Cho Oyo (8,201 meters), Makalu (8,463 meters), Lhotse8,516 meters), and Everest (8,848 meters); four of the ten highest peaks on the planet. Additionally, numerous other mountains in the Khumbhu region can be admired from Gokyo Ri, making it a renowned viewpoint in the area. After breakfast at Gokyo, the trail returns to the first lake and then crosses the longest glacier in Nepal, Ngozumpa Glacier. Dragnag is situated under a massive rock face, across the Ngozumpa Glacier (approximately 3 hours).

Hiking: 5-6 hrs

Maximum Altitude

5,360m/17,576ft

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 11: Cross Chola Pass (5,420m) and Trek to Dzongla (4,830m)**

Challenging day crossing the Chola Pass (7-8 hours).

The day begins early with a challenging ascent to the top of the pass. After a brief walk on the glacier, we encounter a steep drop into a new valley, with Cho La Tse (6,440 meters) towering to the southeast and Ama Dablam (6,812 meters) rising to the east. The terrain gradually becomes easier as we continue, leading us to Dzong Lha. This day is the toughest and longest of the trek, and the basic accommodations available in Dzong Lha do not provide much comfort. The trek takes approximately 7 to 8 hours.

Hiking:7-8 hrs

Maximum Altitude

5420m

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 12 : Trek to Lobuche (4,940m)**

The trail undulates in the morning but slowly starts to get gradually later in the day. The terrain feels easier compared to the previous day and joins the traditional Everest trail near the end of the days trek. Once on the main trail, a short gradual climb leads to Lobuche. (4 hours approximately)

Hiking:4 hrs

Maximum Altitude

4940m

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 13: Trek to Gorak Shep (5,170m) and Everest Base Camp (5,364m)**

After a brief stop for lunch, the trail re-enters the Khumbu Glacier and undulates all the way to Everest Base Camp (536 meters). At Base Camp, one can enjoy close-up views of Nuptse (7861 meters), Pumori (7161 meters), Lingtren (6713 meters), Khumbutse (6636 meters), Changtse (7543 meters), and Lho La (6026 meters). We then return to Gorak Shep via the same route on the glacier. (6-7 hours)

Hiking:6-7 hrs

Maximum Altitude

5364m

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 14: Hike to Kala Patthar (5,545m) and Trek to Pheriche (4,240m)**

- Early morning hike to Kala Patthar for sunrise views of Everest.

  A steep climb to Kala Pattar (5545 meters) (2 hours) is rewarded with the proper view of the southwest face of Everest. Kala Pattar is also the highest point of the trek. After returning to Gorakhshep, we return to Lobuche via same route.

- Descend to Pheriche (5-6 hours).

- Overnight in Pheriche.

  Hiking:5-6 hrs

  Maximum Altitude

  5545m

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 15: Trek to Namche Bazaar (3,440m)**

- Trek from Pheriche to Namche Bazaar (6-7 hours).
- Descend through Tengboche and Kyangjuma.
- Overnight in Namche Bazaar.

Hiking:5-6 hrs

Maximum Altitude

3440mm

Accommodation

Hotel/Tea House (Hotel/Teahouse)

Meals: Breakfast, Lunch and Dinner

**Day 16: Trek to Lukla (2,840m)**

- Trek from Namche Bazaar to Lukla (6-7 hours).
- Celebrate the completion of your trek.
- Overnight in Lukla.

- Hiking:6-7 hrs

  Maximum Altitude

  2840mm

  Accommodation

  Hotel/Tea House (Hotel/Teahouse)

  Meals: Breakfast, Lunch and Dinner

**Day 17: Fly to Kathmandu**

- Take an early morning flight back to Kathmandu.
- Rest and explore the city.
- Overnight in Kathmandu.

**Day 18: Contingency Day**

- Extra day in case of flight delays or other issues.
- Explore Kathmandu or relax.
- Overnight in Kathmandu.

**Day 19: Departure to your home land**

Transfer to the airport for your departure.

Meal: [Breakfast]

## Pricing Information

## Price Details

- Gokyo Lakes and Gokyo Ri.
- Crossing the challenging Chola Pass.
- Everest Base Camp and Kala Patthar view point.
- Stunning views of Everest, Lhotse, Makalu, and Cho Oyu.

## Price Includes

### Difficulty Level

- **Moderate to Challenging**: The trek involves long days of walking, high altitudes, and crossing the challenging Cho La Pass. Proper acclimatization and physical fitness are essential.

### Best Time to Trek

- **Spring (March to May)**: Stable weather, clear skies, and blooming rhododendrons.
- **Autumn (September to November)**: Dry weather, excellent visibility, and comfortable temperatures.
- Winter and monsoon seasons are less ideal due to cold temperatures, snow, and rain.

### Permits Required

1. **Sagarmatha National Park Entry Permit**: Available in Kathmandu or Monjo.
2. **Khumbu Pasang Lhamu Rural Municipality Entrance Permit**: Replaces the TIMS card for the Everest region.

## Price Excludes