

Everest Base Camp with Chola Pass via Gokyo takes us through the landmarks of the Everest region. This is an amazing journey that offers a unique opportunity to explore the stunning views of the lake and the famous Pass.

Another highlight of the EBC Trek with Gokyo Cho La Pass is the chance to cross the Chola Pass, a challenging but worthwhile experience. The pass offers expansive views of the Himalayas from its elevation of 5,420 meters above sea level. Crossing the divide requires some physical preparation and prior trekking experience, but the rewards are well worth the effort. Climbers who want to summit Mount Everest begin their journey at the popular Everest Base Camp (EBC).

The Lake, located at a high elevation, is a wild and beautiful place surrounded by the magnificent peaks of Cho Oyu (8153m) and Gyachung Kang (7922m). Trekking to this region is like entering a bit of heaven. The trek offers a once-in-a-lifetime experience with breathtaking views of Mount Cho Oyu, [Mt. Everest](#), Lhotse, Makalu, Nuptse, and other peaks.

The effort is well worth it because you will have the chance to cross one of the most challenging crossings in the Himalayas and see some of the most breathtaking scenery on earth. Because of the clear skies and pleasant temperatures, September through November and March through May are the ideal times of year to trek the Gokyo Chola Pass through EBC. Since they can assist you with the logistics and provide helpful information about the trip, it is recommended that you hire a local porter and guide.

Trek Itinerary

Day 01: Kathmandu Arrival (1,350m/4,428ft)

Welcome to the Country of Himalayas !

As you arrive at [Tribhuvan International Airport](#), Kathmandu, One of the representative from [Himalayan Sanctuary Adventure](#) will be waiting for you outside the terminal holding your name to escort you to your specified Hotel. Upon your arrival you will be warmly welcomed and transfer to your hotel in Kathmandu. After Check in you will be briefed to carry out the final preparation required for the trek. So that you can relax and prepare for the adventure ahead.

Day 02: Kathmandu Sightseeing and Trek Preparation(4 - 6hr)

After breakfast, you proceed to the [Kathmandu Valley sightseeing](#) places in which you will visit the major world heritage sites and beautiful attractions around the valley throughout today. Some of these might be

Durbar Squares Three durbar squares in the valley representing the major cities of Kathmandu, Bhaktapur, and Lalitpur (Patan) here resemble the rich history, art, and culture of the Kathmandu Valley. Among them, you will visit Patan Durbar Square.

1. Patan Durbar Square:

Patan Durbar Square is a fascinating combination of palace buildings, artistic courtyards, and graceful pagoda temples. The Krishna Mandir (Temple) from the 17th century is a major attraction. The Patan museum contains bronze statues and other religious objects which has great significance. Durbar Square has both religious and cultural importance and the surroundings are artistically beautiful.

1. **Pashupatinath Temple:**

The Pashupatinath Temple is one of the most significant Hindu temples in Asia with over 500 small and big shrines, Lingams, and temples in the temple complex.

1. **Boudhanath Stupa:**

The largest stupa and center of Tibetan Buddhism that is in the Kathmandu valley. One of the best places to relax and take a hint of Buddhist culture is in Kathmandu. After the Sightseeing, we will drive you back to the hotel.

1. **Swayambhunath Temple:**

Also known as the 'Monkey Temple', this is one of the oldest heritage sites in Nepal. From the top viewpoint, you will have an amazing view of the capital city "Kathmandu".

Included Meals: Breakfast

Day 03: Kathmandu - Lukla - Phakding (2,651m/8,700ft): 40 minutes flight, 3 - 4hrs

An early morning Lukla flight for about 40 minutes. Enjoy the breathtaking views from the plane. Upon reaching Lukla, meet the rest of the crew members. Join them and commence the trek towards Phakding via Cheplung village. Overnight at Phakding.

Walking Distance - 8Km (5miles)

Included meals: Breakfast, Lunch, and Dinner

Day 04: Phakding - Namche (3,440m/11,284 ft): 5 - 6 hrs

A trek to Namche begins and walks through the trail and reaches the Benkar Valley. Pass through Chumoa and Monjo villages after crossing the Dudh Koshi River. Cross a suspension bridge to reach Jorsale and continue walking until Namche. Overnight in Namche Bazaar.

Walking Distance - 10.8Km

Included meals: Breakfast, Lunch, and Dinner

Day 05: Acclimatization Day - Namche Bazaar (3,440m/11,284ft)

An acclimatization rest at Namche Bazaar to adjust to the thinning air. A hike to the Sagarmatha National Park which has diverse flora and fauna. A stunning view of Mt. Everest, Lhotse, Nuptse, Ama Dablam, and so on. Alternatively, hike to Khumjung village. Overnight in Namche Bazaar.

Walking Distance - 2.5Km

Included meals: Breakfast, Lunch, and Dinner

Day 06: Namche Bazaar to Dole (4200m): 5 - 7 hrs

Climb uphill to Khumjung and downhill towards the valley taking to the Dud Koshi River. On the way, get a sight of Chorten, sacred Mt. Khumbila, and keep descending until Phortse Thanga and Proceed further and ascend uphill traversing the villages of Dhole. Overnight in Dole.

Walking Distance - 15.4Km

Included meals: Breakfast, Lunch, and Dinner

Day 07: Dole to Machhermo (4,470m/ 14,663ft): 4 - 5 hrs

Walk through the trails surrounded by rhododendron forest. Witness a waterfall on the way and reach Tongba village, Labarma, and Luza, and finally arrive at Machhermo. Overnight in Machhermo.

Walking Distance - 8.2Km

Included meals: Breakfast, Lunch, and Dinner

Day 08: Machhermo to Gokyo (4,800 m/15,744 ft): 4 - 6 hours

Walk through the trails of Phangkha and descend to the riverbank. Slowly climb over a steep moraine of the Ngozumpa Glacier and traverse a bridge. Continue following the path and pass Gokyo Lake I, II, and III and arrive at Gokyo village with Mt. Cho Oyu in the background. Later, explore the third lake and overnight in Gokyo village.

Walking Distance - 8 km/ 4.9 miles

Included meals: Breakfast, Lunch, and Dinner

Day 09: Gokyo Valley: Acclimatization

A rest day in the Gokyo Valley for acclimatization to adjust to the altitude. Some options are there to hike and explore. A hike to Gokyo Ri to enjoy the wonderful views of mountain vistas and the Gokyo valley. Else, a hike to the Gokyo 4th Lake and 5th Lake and get amusement with the serene beauty of the lake. Also, hike to Scoundrel's Viewpoint from the edge of 5th Lake. Witness some majestic views of Everest, Lhotse, Nuptse, Cho Oyu, Makalu mountains, and the largest Ngozumpa Glacier. Trek back to Gokyo and spend the night.

Walking Distance - 3 km

Included meals: Breakfast, Lunch, and Dinner

Day 10: Gokyo to Thagnak (4750 m/15,580 ft): 4 - 5 hours

Walk traversing along the edge of the mountains and adore the surrounding scenery. Arrive at Thagnak and stay overnight.

Included meals: Breakfast, Lunch, and Dinner

Day 11: Thagnak via Cho La pass (5,420m/17,782 ft) to Dzongla(15, 939 ft): 7 - 9 hours

A long yet fruitful trek via Cho La Pass from Thagnak to Dzongla. Climb carefully towards Cho La Pass as the trail is steep and have to traverse through some glaciers. The sight of prayer flags reaching the top and spectacular views of Ama Dablam, Lobuche, and Baruntse are so close. Descend slowly and continue further to reach Dzongla. Overnight in Dzongla.

Included meals: Breakfast, Lunch, and Dinner

Day 12: Dzongla to Lobuche (4940 m/16,207 ft): 2 - 3 hours

A short trek to Dzongla enjoying the surrounding beauty and walking on a grassy trail. Get a glimpse of Lobuche Peak en route. Arrive at Lobuche and take a rest and prepare for the next day's long trek. Overnight in Lobuche.

Included meals: Breakfast, Lunch, and Dinner

Day 13: Lobuche to Gorak Shep (5,170 m/16,961ft), visit Everest Base Camp (5,364 m/17,594 ft): 6 - 8 hours

A long trek commences from Lobuche to Everest Base Camp. Stop at Gorak Shep for lunch and continue further to the base camp. Passing through glacial moraines and following the guide's instructions carefully reach the base camp. Enjoy the close-up views of Mt. Nuptse, Lhotse, Pumori, and others from the Everest Base Camp. A dream to trek to the Everest Base Camp is finally accomplished. Spend some time there and return to Gorak Shep for an overnight stay.

Included meals: Breakfast, Lunch, and Dinner

Day 14: Gorak Shep to Kala Patthar (5,550m/18,208ft) to Pheriche (4,288m/14,070ft) 7-8 hours

An early morning trek towards Kala Patthar around 3 am. Kala Patthar is the perfect destination to get an awesome sunrise view over Mt. Everest and panoramic mountain vistas. Upon reaching Kala Patthar, enjoy the close-up views of Lingtren, Khumbutse, Nuptse, Lhotse, Mt. Everest, and other mountains. Take some snaps and return to Gorak Shep. Have lunch over there and descend to Pheriche for an overnight stay.

Included meals: Breakfast, Lunch, and Dinner

Day 15: Pheriche to Namche Bazaar: 6 - 7 hours

Walk through the hillside surrounded by trees of juniper and rhododendron. Follow the Dudh Koshi Gorge after crossing a bridge and descending through the pine forest. Enjoy the views of Nuptse, Ama Dablam, and Thamserku mountains and reach Namche Bazaar. Overnight in Namche Bazaar.

Included meals: Breakfast, Lunch, and Dinner

Day 16: Namche Bazaar to Lukla (2,800m/9,186ft): 6 - 7 hours

Walk on a steep downward trail and traverse a suspension bridge over the Dudh Koshi River. Arrive at Lukla and spend last night in the lap of mountains. Take complete rest and enjoy the night by celebrating and eating food and drinks. Overnight in Lukla.

Included meals: Breakfast, Lunch, and Dinner

Day 17: Lukla - Kathmandu(1,350m/4,428ft)

An early morning flight to Kathmandu after accomplishing the long trek. Rest and enjoy the day completely in Kathmandu. Relax at a hotel and later join us for a cultural dinner. Overnight in Kathmandu.

Included meal: Breakfast

Day 18: Departure Day

Our driver transfers you to the airport for final departure to connect your international flight. Have a safe journey.

Included meal: Breakfast