

## Overview

Gokyo Chola Pass Trek is one of the most fashionable treks in the Everest region. This trek links Everest Base Camp and Gokyo Valley with adventurous Chola Pass crossing over 5417 meter mountain pass. It covers not only Everest Base Camp but also Lukla, Namche Bazar, Tengboche as whole Solukhumbu (District) and some nice peaks (like Gokyo Ri or Kala Patthar). EBC and Gokyo via Cho La Pass itinerary is one of Nepal most renowned trek as well as one of most severe in the Himalaya mountains and Sherpa country. One of the goal of this expedition is the Everest Base Camp, an elevation of 5364 meter and Kala Patthar, 5545m. When we climb Kala Patthar we can also see the southern face of Mt. Pumo Ri which is 7168m.

Tourist carries only a day pack and walk. The walking time will be about 4-6 hrs per day. We start the trek from Lukla after 30 minutes flight from Kathmandu. When we land at the tiny airstrip the adventure really begins. During trek we spend several days moving through the homelands of the Sherpa people, and we see Buddhist monasteries and close up views of Mt. Everest and neighboring Ama Dablam (6856m), considered by many to be among the most beautiful mountains in Nepal. We spend 3 nights at Namche Bazar – the bustling market town in the heart of Sherpa country.

## Outline Itinerary

**Day 01 : Meet & greet at airport, escort to hotel.**

**Day 02 : Kathmandu flight to Lukla trek to Phakding (2610m)**

**Day 03 : Phakding trek to Namche Bazaar (3440m)**

**Day 04 : Acclimatization day at Namche Bazaar (3440m)**

**Day 05 : Namche Bazaar trek to Dole (4090m)**

**Day 06 : Dole trek to Machhermo (4410m)**

**Day 07 : Machhermo trek to Gokyo (4750m)**

**Day 08 : Day Hike to Gokyo Ri (5357m) and trek to Thangna/Dragnag (4700m)**

**Day 09 : Thangna trek to Dzongla (4830m) over the Cho La Pass (5368m)**

**Day 10 : Dzongla to Lobuche (4910m)**

**Day 11 : Lobuche trek to Gorak Shep (5140m) & Everest base camp (5364m)**

**Day 12 : Hike to Kala Pattar (5545m) then trek to Dingboche (4410m)**

**Day 13 : Dingboche trek to Tengboche (3867m)**

**Day 14 : Trek from Tengboche to Namche Bazar.**

**Day 15 : Namche trek to Lukla (2840m)**

**Day 16 : Lukla flight to Kathmandu (1350m)**

### **Cost Includes**

- All airport transfers by private car or van depending on group size.
- An experienced registered friendly local Sherpa trekking guide.
- Assistant guides to take care of the group/porters if group size is more than 6 pax.
- 1 Sharing high altitude porter for 2 travellers to carry your luggage (weight limit 25kg)
- 2 Nights deluxe room in 3 star hotel in Kathmandu with breakfast on twin/double occupancy basis.
- Clean and neat accommodation in trekking lodges on twin/double sharing basis.
- All breakfast during the trip.
- Kathmandu – Lukla – Kathmandu round flight fare (USD 360 per person)
- Round flight ticket for your guide and assistant guide.
- All necessary Gokyo Chola Pass trekking permits.
- Salary, food and accommodation of your guide and porters.
- Insurance and trekking gear for your guide and porters.
- Office service charge, government taxes and vat etc.

### **Cost Excludes**

- Lunch and dinner in trekking and in Kathmandu.
- Guided sightseeing and monuments fees in Kathmandu.
- All the bar bills, beverages such as coke, fanta, mineral water
- Hot shower, hot water, internet services and battery charge during trekking.
- Personal travel insurance, phone calls, laundry,
- Rescue operation charge in case of emergency.
- Any cost that arise due to change of itinerary, flight delay, natural calamities etc.
- Gratitude and tips for guide and porters.