

Overview

Trip Summary

Everest Base Camp and Gokyo Lake Trek traverses Chola Pass (5417 meters) is one of the great adventurous walking mountain holidays in the Everest region. Everest Base Camp Trek via Gokyo Lake in Gokyo Valley and crossing over Chola Pass is one of the most fashionable treks in the Khumbu. Daring Chola Pass links these two iconic trekking destinations; Everest Base Camp and Gokyo Valley. It covers not only Everest Base Camp but also Lukla, Namche Bazar, Tengboche as a whole Solukhumbu (District), and some of the fascinating climbs of great trekking peaks including Gokyo Ri that provides the best view of Mount Everest and a famous Kala Patthar near Everest base camp that lies above Gorakshep. EBC and Gokyo via Cho La Pass itinerary is one of Nepal's most renowned treks as well as one of most severe in the Himalayan Mountains and Sherpa country. One of the goals of this expedition is the Everest Base Camp, an elevation of 5364 meters, and Kala Patthar, 5545m. When we climb Kala Patthar we can also see the southern face of Mt. Pumo Ri which is 7168m high.

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 30-minute flight from Kathmandu. When we land at the tiny airstrip the adventure begins. During the trek, we will spend several days moving through the homelands of the Sherpa people, and we will visit 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 : Kathmandu flight to Lukla trek to Phakding (2610m)

Day 02 : Phakding trek to Namche Bazaar (3440m)

Day 03 : Acclimatization day at Namche Bazaar (3440m)

Day 04 : Namche Bazaar trek to Dole (4090m)

Day 05 : Dole trek to Machhermo (4410m)

Day 06 : Machhermo trek to Gokyo (4750m)

Day 07 : Day Hike to Gokyo Ri (5357m) and trek to Thangna/Dragnag (4700m)

Day 08 : Thagna trek to Dzongla (4830m) over the Cho La Pass (5368m)

Day 09 : Dzongla to Lobuche (4910m)

Day 10 : Lobuche trek to Gorak Shep (5140m) & Everest base camp (5364m)

Day 11 : Hike to Kala Pattar (5545m) then trek to Dingboche (4410m)

Day 12 : Dingboche trek to Tengboche (3867m)

Day 13 : Trek from Tengboche to Namche Bazar.

Day 14 : Namche trek to Lukla (2840m)

Day 15 : Lukla flight to Kathmandu (1350m)

Cost Includes

- An experienced registered friendly local Sherpa trekking guide.
- A shared high-altitude porter for 2 travelers to carry your luggage (weight limit 25kg)
- Lodge accommodation on a twin/double sharing basis during the trek.
- Meals: 15 Breakfasts, Lunches, and 15 Dinners during the trip.
- Kathmandu – Lukla – Kathmandu round flight fare (USD 432 per person)
- Round flight ticket for your 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 charges, government taxes VAT, etc.

Cost Excludes

- Transfers, accommodation, and meals in Kathmandu.
- Guided sightseeing and monument fees in Kathmandu.
- Bar and beverages drinks such as Coke, Fanta, mineral water, beer, etc.
- 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 arises due to a change of itinerary, flight delay, natural calamities, etc.
- Tip for guide and porters.