

Gokyo- Chola Pass- Everest Base Camp Trek

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18 days

From \$600



Khumbu region is the land of friendly Shrepas. The region offers extraordinary high mountain scenery on earth. The trek begins from Lukla to Everest Base Camp passes the Sherpas Village of Namche Bazaar to the sacred lakes of the Gokyo Valley. Climb up to Gokyo Ri-presents the premium views of mount Everest, Cho-oyu, Makalu and many other outstanding mountain peaks. After rising above the tall and challenging Cho-La Trekkers climb to the 'Trekker's Summit' of Kala Patar which tenders eye-catching views of Everest Base Camp goes through the monastery at Tengboche which adds the excellent charm in the trekking of Gokyo Chola Trek.

Profile

Best Season: March - Nov

Treks Grading: Moderate/Hard

Duration: 21 Days

Trek Style: Tea House / Camping

Destination: Nepal

Activity: Trekking

Region: Everest Region

Itinerary:

Day 1: Kathmandu (1350m)

Arrival in Kathmandu. You will be met, greeted and transported to the hotel.

Day 2:Kathmandu Lukla (2840m) - Phakding (2610m)

In the morning, take a spectacular 40-minute flight from Kathmandu to Lukla - 2840 meters in the Khumbu region of Eastern Nepal - providing unforgettable views of the terraced landscape and river valleys below, as well as up-close perspectives of some of the world's highest mountains followed by a trip to Phakding (2610m). After an easy afternoon's scenic walk, set up camp for an overnight stay Phakding. Overnight at lodge/hotel/guest house.

Day 3:Phakding - Namche Bazaar (3440m.)

Walking through the magnificent forests of rhododendron, ending your nature-filled journey at Namche Bazaar (7 hrs from Phakding). While passing this long and often-steep passage, experience both the serenity and scenery of blue pine forests, firs, and junipers - all serving as the foreground to the beautiful backslash that is Mount Everest . Overnight at lodge/hotel/guest house.

Day 4:Day of Acclimatization at Namche Bazaar (3440m.)

Enjoy the beauty of Namche's quaint village as well as the friendliness and hospitality of its local people. Trekkers may also visit the local museum containing exhibits displaying the area's native flora and fauna as well as the history of the Mount Everest region. Overnight at lodge/hotel/guest house.

Day 5:Namche Bazaar - Dole (4200m.)

This day we will walk straight 1 and half hours, and then we will walk through ascending and descending trail. It takes about 7 hours to reach Dole. From there we can see good views of Rolwaling range, Thamserku, Kangtega, Kusum kanguru, Lhotse, Nuptse, Amadablam, Everest, Cholatse and Lhotse shar. Overnight at lodge.

Day 6 : Dole - Machhermo (4470m.)

This day we will walk ascend at the starting and then walk straight towards Machhermo. We will reach Machhermo in about 4 hours. From there we will see spectacular view of Cho-oyu and other few mountains. Overnight at lodge.

Day 7:Machhermo - Gokyo (4790m.)

This day we will walk for about 4/5 hours to reach Gokyo through almost straight trail crossing small river. From there we will see Cho-oyu, Gyachung Kang. Overnight at lodge.

Day 8:Gokyo - Thagnak (4700m.)

Early morning we will walk towards Gokyo ri, form there we will see spectacular views of Cho-oyu, Everest, Makalu, Pumori, Gauri Shankar and many more. We will return to Gokyo for lunch and after lunch we will continue towards Thagnak. We have to walk total 6 hours to reach Thagnak from Gokyo. Overnight at lodge.

Day 9:Thagnak - Chola pass (5330m.) - Djonglha (4830m.)

This day we will walk uphill at the starting and then little straight and again we will walk uphill and downhill through the glacier. From there we will see good views same as from Namche to Dole. Overnight at lodge.

Day 10:Djonglha - Lobuche (4940m.)

This day we will walk about 3 hours to reach Lobuche from Djongla through slightly ascending trail. From there we will see various villages such as Dingboche, Pheriche, Dughla. Overnight at lodge/hotel/guest house.

Day 11:Lobuche - Gorak Shep (5140m.) - Kala Pathar (5550 m) - Gorak Shep

Enduring a climb of approximately two (2) hours to arrive at Gorak Shep where you are treated to yet another beautiful view of Mt. Everest and Pumori - reaching Kala Pathar (within two hours of trekking). Once observing one of the most up-close and formidable views of Mt. Everest from Kala Patthar, return back to Gorak Shep for an overnight stay at Tea House Lodge.

Day 12:Gorak Shep – EBC (5380m) - Lobuje (4940m.)

Walk along the Khumbu Glacier and up to the Everest Base Camp (5380m) - the closest destination reachable without proper mountain-climbing equipment. Here, enjoy the spectacular view of the Khumbu Icefall from the world-renowned Mount Everest Base Camp before descending to Lobuje. Overnight at lodge/hotel/guest house.

Day 13:Lobuje - Tengboche (3860m.)

This day we will walk slightly 6/7 hours downhill to Tengboche from there we can visit Tengboche monastery, which is a largest monastery in Nepal and also we can see good views of Amadablam, Everest and more. Overnight at lodge.

Day 14:Tengboche - Namche Bazaar (3440m.)

We will descend 5 hours to reach Namche Bazaar. Once again traversing the beautiful, prismatic forests of blue pine and rhododendron. We will have a chance to see our national bird (danfe), Mountain sheep and many more wildlife. Overnight at lodge.

Day 15:Namche Bazaar - Lukla (2840m)

An easy walk down to Lukla for the final night's stay in the Khumbu region - participants can explore Lukla, a rapidly changing portion of the Himalayas. Overnight at lodge/hotel/guest house.

Day 16:Lukla - Kathmandu (1350m)

Take a return flight from Lukla to Kathmandu where participants can kick up their feet and relax at a hotel; taking time to reflect on the journey behind them. Overnight at hotel

Day 17:Kathmandu

This day you will be free for various activities such as shopping ,sightseeing and etc. Overnight at hotel.

Day 18:Final Departure

Transfer to airport, departure on your own destination.

Cost Include:

- Transfer airport – hotel – airport including domestic airport
- 3 Nights Hotel/Resort in Kathmandu with breakfast
- Kathmandu - Lukla – Kathmandu flight tickets including guide
- Everest National Park Fee + TIMS (Trekker's Information Management System)
- All meals (breakfast, lunch and dinner with tea/coffee) during the trek
- Accommodation at lodge during the trek
- Guide and porter-s during the trek
- Guide and porter-s all meal, accommodation, daily wages and insurance
- Farewell dinner
- Company service charge
- All necessary government taxes

Cost exclude:

- Personal equipment
- Personal and medical insurance
- Lunch and dinner in Kathmandu
- Emergency Rescue evacuation by helicopter if needed
- Bar bills and beverage (like mineral water, coke, beer and etc.)
- Personal expenses
- Tips
- Any other services, not mentioned in cost includes