

Detail Itinerary

Cho la Pass Trek is reckoned as one of the adventurous yet rewarding treks in the Everest region. Chola pass connect Gokyo valley. Cho La pass trek merges Everest Base Camp along with the Chola pass if you go first to Gokyo valley. Cho la pass is situated at the altitude of 5420m. Cho La pass trek offers a chance to witness the natural attractiveness, unique way of life of the Sherpa people, lush wooded area, traversing high pass, etc. which provides the blissful experience to the visitors, as a whole Cho la pass trek is extraordinary trekking. Cho la pass trail most significantly rewards you with the eye-catching vistas of a lot of Himalaya like Mt. Everest (8848m.), Makalu, Ama Dablam, Lhotse, Cho Oy {8153m}, Mt. Pumori, Nuptse, and much more and Khumbu Glacier.

Likewise, you will get to explore Gokyo Valley, a secluded Himalayan Valley which presents the views of the gigantic mountains, Gokyo Lake, and one of the longest glaciers Ngozumba in Gokyo Valley. etc. And, if you make your visit in April, you will also get an opportunity to get pleasure from the Dumje festival as well as Mani Rimdu Dance, conducted performed in the Gompas (monasteries).

Chola pass trek starts as you land to Lukla after a scenic flight from Kathmandu. From Lukla, you will walk next to the Dudh Koshi River Valley. Similarly, you pass via the lush woods of rhododendron and pine. On the way, you will get a chance to pass by Sagarmatha National park (enlisted in UNESCO heritage site), beautiful waterfalls, high passes, striking Sherpa villages like Phakding, Tengboche, Namche Bazaar, Lobuche, Pheriche, etc. You may also spot different types of floras and faunas including snow leopard, Himalayan Thar, red panda, etc during Everest Cho la pass trail.

Cho La pass trek in additionally, you will also hike to Kala Pathar (5545m) if your physical is enough to fit, which is the ideal viewpoint to witness the vista of Mt. Everest, Ama Dablam (6856m), Kwangde (6194m), Kantega (6809m), Mt. Lhotse (8511m) and Mt. Nuptse (7879m).

Nepal Kailash Trekking will help you go for EBC Chola Pass Trek and turn it into a memorable experience of your life. The major fascinations of Cho La Pass Trek are the stunning peak vistas, holy lakes of Gokyo valley, stunning River valleys, crossing Cho La pass, glaciers, etc.

Trip Facts

- Trip Duration: 19 days
- Trek Duration: 15
- Trip Code: 09
- Primary Activity: Trekking
- Secondary Activity: Stunning flight
- Max. Group Size: 10
- Min. Group Size: 1
- Starts Point: Lukla
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 5545m
- Accommodation: Lodge

- Season: MAR-MAY,OCT-DEC
- Other Info: Extraordinary scenery

Detail Itinerary

Day 01: Arrival at Tribhuwan International Airport (TIA) 1350m, Kathmandu, Nepal

You will be picking up by our Airport Representative, and transfer to hotel. Overnight If your arrival early of the day then can be do some sightseeing nearby your hotel. at hotel with bed and breakfast (B.B.) .

Day 02: Preparation for the trip

This day in Kathmandu - for preparation and conformity, evening briefing about the tour, overnight Hotel on BB plan

Day 03: Fly to Lukla 2800m and trek to Phakding 2610m, 3 hrs

Pick up from Hotel in early morning, we drive about 20 minutes to Tribhuwan International Airport. After 45 minutes exciting flight to Lukla, you begin your trek to Phakding approximately three hours easy walking. Overnight lodge.

Day 04: Trek to Namche Bazaar 3440m, 6 hrs

You will begin trek normally flat following towards to Dudhkoshi after crossing the bridge at Phakding. The trails go still flat, up and down about 3 hours to JorSalle. You would have seen already Thamserku, Kusum kangaroo and fromjust before Monjo Khumbi la above the Namche. There is a place where start Sagarmatha National Park, check yours permits just 20 minutes before Jorsalle, name of the spot lies end of the Monjo. From the Hillary Bridge gives you view of the Taboche peak across the Tyangboche after half an hour climbing the first view of the world highest peak Mt Everest and more. You have to climb up in altitude about two and half hours after cross the Hillary Bridge,

Day 05: acclimatization day

This day, you can hike to Thame valley or Khumjung Khunde valley via world highest airport Syangboche (3790m) and Hotel Everest View. There is a museum above Namche in the military campsite and Sharpa cultural museum where you can watch video project by paying their certain fees. This place also give you the world highest Mount Everest view and many more. Back to Namche for the 2nd night.

Day 06: Trek to Tengboche 3870m, 4 hrs

By leaving Namche Bazaar after climb little up then starts gradually flat trail till to Kyangjuma. On the way, you can see wonderful mountains views including world highest peak on the earth. Then path leads you down to Dudhkoshi and immediately trail go to ascending to Tyangboche. You visit a monastery known as Tengboche monastery. Then you will be taken to observe the prayer ceremony whether in the evening or morning. Overnight lodge.

Day 07: Trek to Dingboche 4350m, 4 hrs

Trail take you gradually down through forest of Rhododendron and dwarf conifers to the Imjatse River by crossing the bridge ascend to Pangboche 3860m. You are heading towards beside the beautiful mountain called Ama Dablam. There is a monastery in upper Pangboche which is the oldest monastery (since 17 century) in Khumbu valley. By passing the Shomare 4020m and Orsho from where you can see Another mount Pumori 7165m. Afterwards, there is a junction trail upper left takes you to Pheriche and heading to right lower one for Dingboche. Overnight lodge.

Day 08: Acclimatization day

Today you can enjoy another day for an acclimatization around Dingboche by day hiking. This day we will have trip to Chhukung valley. We will take you to Chhukung Ri (5546 meters) too. From there, we can see the fifth highest mountain Makalu 8463m. some trekkers climb to Nagarjun hill above Dingboche for acclimatized. Come back to Dingboche in the evening.

Day 09: Trek to Lobuche 4930m 4 hrs

Walk slowly; make sure that you have enough drinking water with you because you are already in high altitude and to warding your trip to the foot of the world highest peak or Everest base camp. There is a place where you may have some hot tea, coffee or god as well at Dhugl, known as Thukla 4620m. about 40 minutes to an hour steeply ascending you will see at the top of the ridge memories of the who lost during peaks or mountains climbing. Front of you giving super view of the mount Pumori on the way to Lobuche. Ande front of your lodge to the east smiling Mount Nuptse 7861m. Overnight lodge.

Day 10: Trek to Gorakshep 5160m -Everest Base Camp 5340m- back to Gorakshep

The path is following Khumbu glacier towards to Gorakshep and base camp. Nepal kailash Trekking Company suggest you again take with you enough drinking water and some snicker, you are mostly getting closer to Everest Base Camp today. Take a lunch and rest couple of hours and walk continue for Everest Base Camp with enough drinking water and snicker again, We cannot see Mount Everest from the base Camp, walk with well wearing equipped which against to wind and cold. Back to Gorakshep for night. Overnight lodge.

Day 11: Early morning climb to Kalapathar and trek to Zdongla 4830m

Early morning start a hike uphill to Kalapathar 5545m which provides you an excellent viewpoint to observe the Mount Everest and innumerable spectacular mountains views & Khumbu Glacier. After breakfast start trek to Dzongla. Overnight lodge.

Day 12: Trek to Cho la pass 5420m - Thangnak 4700m, 6 /7 hrs

An early morning get up and have some breakfast and trek start around between 5 - 6 am with enough drinking eater and some snickers over the Cho la. Trekking begins with the mostly flat trail at the first section then gradually ascends along the steeply rocky. When you get close to Chola by climbing rocky trails be attention for the falling rocks sometime in both side either before Cho la pass or later the pass. The mountains views are outstanding. At the ridge of the Cho la where you can see broken ice glacier of Cho la and above Cho la pass colorful praying flags. After long walking down through rocky trails then reach to a ridge then again descend for Thangnak. Overnight lodge.

Day 13: Trek to Gokyo 4750m, 2 hrs

Be sure that where is the trails reach to Gokyo because sometime it is changing the trails in the glacier. Trekking along the Ngozumba glacier. By reaching ridge of Gogkyo settlement gives you dramatic lake view. Overnight lodge.

Day 14: Hike to Gokyo Ri and back to Gokyo

Gokyo side trip, an early morning, drink some hot drinks a quick breakfast and take again drinking water and some light lunch like bread or cookies. After cross the stream ascend to Gokyo Ri after climb up about 200m you can see World 5th highest mountain Mount Makalu 8463m. The top of the Gogyo Ri provides you outstanding mountains view of Kusum kangaroo , Thamsetku, Kangtega, Taboche, Cholatse, Mt Makalu, Lhotse, Everest, Pumori, Cho Oyu many more others peaks and Gngozumpa glacier. If you have flexible time then can be visit to the sacred up to fifth Lake 4980 m of Gokyo valley nearby Mount Cho Oyu. This side trip also gives you the view of the north face of the Mount Everest, Makalu, Lhotse, as well as Nuptse too. Back to lodge for the night.

Day 15: Trek to Dole/Photse Thenga 3810m 5 hrs

Trek gradually downhill to Phortse Thanga. Along the way, towards valley with Mount Kangtega and backward Cho Oyu. After Dole trekking goes through forest of Rhododendron and can be seen wildlife like musk deer and pheasant (the national bird of Nepal). Overnight lodge.

Day 16: Trek to Namche/Monjo 2840m

Trek uphill to Mong la 3975m and gradually down to Kyangjuma then continue to Namche Bazaar.

Day 17: Trek to Lukla**Day 18: Fly back to Kathmandu****Day 19: Departure**

Nepal Kailash Trekking Company representative will come to your hotel to pick you up and transferred to your on next board. Program end.

Cost Includes

- All ground transports by private vehicle as per itinerary required
- Kathmandu accommodation inclusive breakfast as per itinerary
- All entry fees as per itinerary – Sagarmatha National Park fee, Trekker's Information Management System Card fee {bring 2 copies passport size picture}
- Kathmandu Lukla Kathmandu round trip airfare and airport tax + Guide
- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee
- An English speaking highly experienced friendly and helpful trekking guide
- One porter for two member
- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- Company guarantee the rescue services if needed; please hand over your insurance policy copy to us
- Government taxes and office service charge

Cost Excludes

- International airfare
- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US \$ 25, for 30 days US \$ 40 and for 90 days US \$ 100 or Equivalent convertible currency {bring 2 copies passport size picture}
- Kathmandu and Lukla staying on flight cancelation due to bad weather
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Hot shower from Namche
- Battery charge during trekking
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack

- Horse riding along the trek
- Extra cost on natural disaster
- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece
- Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}
- Any other expenses which is not mentioned in the cost include
- Tips to staffs