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Talk to an Expert

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Everest Base Camp Chola Pass Gokyo Trek - 15 days

15 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1460
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/everest-base-camp-chola-pass-gokyo-trek







Everest Base Camp - Chola Pass - Gokyo Trek is a slightly altered version of the classic Everest Base Camp (EBC) trek. Instead of taking the same path to return to Namche after summiting EBC from Lobuche, you will take a different route that progresses through Dzongla across the Chola Pass into the Gokyo region and Macchermo. This route alteration makes this trek more adventurous and provides a broader insight into the high Himalayan landscapes, flora, fauna, and the Sherpa settlements.

TRIP FACTS

Destination	Everest Base Camp
Grade	Challenging
Accomodation	Lodge to Lodge stays
Best season	Spring (March, April, May) & Autumn (September, October, November)
Activity	Everest Treks
Max. altitude	5,555m (Kala Patthar)
Activity per day	5-7 hours of hike

PRICE

US$ 1460

per person, for 2 to 3 people

The full price is US$ 1800. You save US$ 340 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1460
4 to 7	US$ 1430
8 to 13	US$ 1400
14 to 25	US$ 1230

Meals included	15 breakfasts, 14 lunches, and 14 dinners (during the trek)
Start / end point	Kathmandu - Kathmandu

Group discounts are exclusive to your group size only. We do not merge groups.

Everest Base Camp Chola Pass Gokyo Trek Highlights

- One of the world's highest airports at Syangboche (3,780m / 12.402ft)
- Chance to explore local Sherpa culture, tradition, and architecture
- The magnificent views of the world's highest peak, Everest (8,848.68m/29,029ft), and others, such as Mt. Lhotse(8,516m), Cho Oyu (8,201m), and Mt. Makalu (8,463m)
- Explore Sagarmatha National Park and appreciate the diverse flora and fauna (including musk deer, colorful pheasants, snow leopards, and Himalayan Tahrs)
- Prayer wheels, colorful flags, Mani stones, high suspension bridges, ancient monasteries, including Tengboche Monastery, Khumjung Monastery, and others
- The highest glacier on Earth- Khumbu Glacier (4,900 m)
- Amazing panoramic views from Kala Patthar (5,555m)
- Amazing views from Gokyo Ri (5,357m / 17,575ft)
- Pristine Gokyo Valley, Gokyo Lake, Gokyo Ri Viewpoint, and Cho La Pass (5,420m)
- Edmund Hillary funded schools and hospital

Everest Base Camp Chola Pass Gokyo Trek Overview

The Everest Base Camp Cho La Pass Gokyo Trek is a **spectacular high-altitude adventure**, combining three iconic highlights—Everest Base Camp (5,364 m), the challenging Cho La Pass (5,420 m), and the pristine Gokyo Lakes. This diverse route offers a comprehensive exploration of the Khumbu region, providing both classic and alternative perspectives of Everest while traversing glaciated passes, alpine valleys, and shimmering turquoise lakes.

The trek begins with a **thrilling flight to Lukla** either from Kathmandu or Manthali, followed by an ascent through Phakding and Namche Bazaar, the heart of the Khumbu.

The journey continues through Tengboche, Dingboche, and Gorak Shep, leading to Everest Base Camp, where you stand at the foot of the world's highest peak. An early-morning ascent to Kala Patthar (5,545 m) offers breathtaking sunrise views of Everest, Lhotse, and Nuptse.

You will take a different route on your way back. From Gorakshep, you will return to Dzongla and then to the Gokyo Valley region, tackling the demanding Cho La Pass, navigating steep icy slopes and rugged terrain before reaching the Ngozumpa Glacier—the longest in Nepal.

Entering Gokyo, you are greeted by emerald-green lakes, reflecting the towering peaks that surround them. An ascent of Gokyo Ri (5,357 m) provides a stunning vantage point of Everest from the west, a contrast to the classic viewpoint at Kala Patthar.

The return route follows a scenic variation through Dole and Phortse, offering quieter trails and fresh perspectives of the Khumbu Himalayas, before concluding in Lukla with a flight back to Kathmandu.

This 15-day adventure is an epic trek, blending high-altitude challenges, pristine landscapes, and cultural immersion, making it the perfect Himalayan experience for those seeking exploration beyond EBC.

Day to Day Short Itinerary

Day 1 Flight from Kathmandu/Manthali to Lukla. Flight time: Approx 40 min from KTM/20 min from Manthali. Trek to Phakding (2,650 m). Trek time: Approx. 3 hrs.

Day 2 Trek from Phakding to Namche Bazaar (3,440 m). Trek time: Approx. 6 hrs.

Day 3 Rest day and acclimatization at Namche Bazaar.

Day 4 Trek from Namche to Tengboche (3875m). Trek time: Approx. 5 hours.

Day 5 Trek from Tengboche to Dingboche (4410m). Trek time: Approx. 5 hours.

Day 6 Acclimatization at Dingboche.

Day 7 Trek from Dingboche to Lobuche (4,910m). Trek time: Approx. 5 hours.

Day 8 Trek from Lobuche to Everest Base Camp and back to Gorak Shep (5,185m). Trek time: Approx. 6-8 hours.

Day 9 Trek to Kala Patthar Viewpoint from Gorak Shep and then to Dzongla (4,855m). Trek time: Approx. 7-8 hours.

Day 10 Trek from Dzongla via Cho La Pass and then to Thangnak (4,700m). Trek time: Approx. 6-7 hours.

Day 11 Trek from Thangnak to Gokyo (4,790m). Trek time: Approx. 5 hours.

Day 12 Gokyo to Gokyo Ri viewpoint and to Machhermo (4,470m). Trek time: Approx. 5 hours.

Day 13 Trek from Machhermo to Namche Bazaar (3,440m). Trek time: Approx. 5-6 hours.

Day 14 Trek from Namche Bazaar to Lukla (2,850m). Trek time. Approx. 6-7 hours.

Day 15 Fly back to Kathmandu/ Manthali from Lukla. Flight time: Approx. 40 min for KTM/20 min for Manthali. Drive time: Approx. 5 hrs from Manthali to KTM

Everest Base Camp Chola Pass Gokyo Trek Itinerary

DAY 1

Flight from Kathmandu/Manthali to Lukla (2,850m / 9,350ft). Trek to Phakding (2,650m / 8,562ft)

Trek Distance 6.2km / 3.8miles Flight hours 40/20 Minutes Highest Altitude 2,850m / 9,350ft.
Trek Duration 3 hours

The journey begins with a breathtaking flight from Kathmandu or Manthali to Lukla, a thrilling experience as you soar above the majestic Himalayas. The exact flight depends on the trek seasons.

During peak trekking seasons (March, April, May, Sept, October, and November), Lukla flights departing from Tribhuvan International Airport (TIA) mostly get redirected to Manthali Airport due to increased air traffic. Consequently, in these months, our guide will pick you up from your hotel in Kathmandu around 12:30 am for a five-hour drive to Manthali. From Manthali, a brief 20-minute flight will take you to Lukla. In contrast, during other months (December, January, February, June, July, and August), the direct flight duration from Kathmandu to Lukla is around 40 minutes.

If you want to bypass the drive to Manthali, booking a helicopter to Lukla is a convenient alternative. However, this option incurs an additional cost of approximately 550 USD when shared among five persons.

As you deboard at Lukla Airport, the excitement builds up, and you will head to the charming Chaurikharka village and descend to Dudhkoshi Ghat (2,530m / 8,300ft) before reaching Phakding. This first day of the trek is short and enjoyable, providing an opportunity for acclimatization. You can explore local monasteries, like Rimishung Monastery, during your spare time and prepare for the upcoming adventurous trekking days.

Overnight stay at Khumbu Travel Lodge (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Trek from Phakding (2,650m /8,562ft) to Namche Bazaar (3,440m / 11,285ft)

Trek Distance 7.4km / 4.6 miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

From Phakding, you will traverse the northern bank of the Dudh Koshi River, cross suspension bridges, and meander through enchanting forests and small Sherpa settlements. After Monjo Village, you will reach the Sagarmatha National Park checkpost, where we will register our permits before reaching Namche Bazaar (3,440m). Namche is a bustling mountain town nestled in the heart of the Khumbu region that welcomes you with panoramic views of snow-capped peaks and is a gateway to the Everest trekking experience.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Rest day and acclimatization at Namche Bazaar

Namche is a perfect town to acclimatize. There are plenty of activities you can participate in. We encourage you to explore vibrant Namche streets, adorned with cafes, souvenir shops, and the Sherpa architecture. You can also hike to Everest View Hotel to see Mt. Everest. There are other hiking options, such as Syangboche Airport, Hillary School, Khumjung, and Khunde villages. The Khumjung Monastery is believed to house a Yeti scalp.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Namche (3,440m / 11,285ft) to Tengboche (3875m/ 12,713ft)

Trek Distance 9.2km / 5.7 miles Highest Altitude 3,855m / 12,850ft Trek Duration 5 hours

You will leave Namche early morning and trek inside the Sagarmatha National Park alongside trekkers, porters, and yaks. From the path, you can get views of several mountains such as Ama Dablam, Lhotse, Nuptse, and Everest. The trails are ridden with several thrilling suspension bridges. You will traverse several steep rocky sections to arrive at Tengboche. If you want, you can also visit the Tengboche monastery.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Tengboche (3875m/ 12,713ft) to Dingboche (4410m/ 14,468ft)

Trek Distance 12km / 7.45 miles Highest Altitude 4,360m / 14,290ft Trek Duration 5 hours

We leave Tengboche early morning and head to Dingboche, passing through many chortens, mani walls, and small settlements, including Mt. Ama Dablam. As you near Dingboche, you will see a field surrounded by stone walls. These walls protect crops such as barley, potatoes, and buckwheat from wild animals and cold winds.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Acclimatization at Dingboche (4,410m/ 14,468ft)

You will have gained a significant altitude as you reach Dingboche. Hence, it is a perfect day to acclimatize at this Sherpa village. There are no roads to this village, only trails, which locals use to transport daily necessities via yaks and mules. You can rest, hydrate, and soak in the beauty. If you want, you can hike to Nangkartshang Peak (5,083 m), from where you can view Everest, Makalu, Cho Oyu, Lhotse, and Ama Dablam.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Dingboche (4,410m/ 14,468ft) to Lobuche (4,910m/ 16,108ft)

Trek Distance 8.5km / 5.2 miles Highest Altitude 4,930m /16,175ft. Trek Duration 5 hours

After a rest day at Dingboche, it is time to trek further - to Lobuche. You will be hiking northwest above the Pheriche Village and to Dugla, a small settlement. Dugla offers fantastic views of Ama Dablam, and you should certainly enjoy those. From Dugla, you will continue on a zig-zag path northwards on the Khumbu Glacier moraine to the Thukla Pass, famous for a memorial dedicated to those who perished on this rough terrain. As you move forward for about an hour, you will reach Lobuche.

Overnight stay at Himalayan Eco Resort
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Lobuche (4,930m / 16,175ft) to Everest Base Camp (5,364m / 17,598ft) and back to Gorak Shep (5,185m / 17,010ft)

Trek Distance 15km / 9.32miles Highest Altitude 5,364m / 17,598ft Trek Duration 6-8 hours

Today will be the most significant day on your trek or even in your life as you will reach the Everest base Camp. After breakfast, you will follow the Khumbu Glacier moraines and reach Gorak Shep, the nearest settlement from Everest Base Camp. You will leave your belongings at Gorak Shep and trek to the Everest Base Camp. As you stand on the Everest Base Camp, you will feel overwhelmed with emotions as you have toiled for several days to reach this place. From EBC, you can enjoy the grand views of some of the tallest mountains on Earth. After taking many pictures and soaking in the views, you will return to Gorak Shep for the night.

Overnight at Buddha Lodge at Gorak Shep
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Trek to Kala Patthar (5,555m / 18,208ft) Viewpoint from Gorak Shep (5,185m / 17,010ft) and then to Dzongla (4,855m / 15,930ft)

Trek Distance 14.5 km/ 9 miles Highest Altitude 5,555 m / 18,208ft Trek Duration 7-8 hours

To enjoy the views of Everest and the surrounding peaks, early in the morning, you will wake up at Gorak Shep and head to Kala Patthar. From Kala Patthar, you will enjoy the views of dawn breaking behind the world's tallest mountains, including Everest, Lhotse, and Makalu. The views look otherworldly and beyond words. After enjoying the views of your content, you will return to Gorak Shep for breakfast, rest for a while, and descend to Dzongla.

The trails from Gorak Shep to Dzongla are challenging and kindle your adventurous spirit. You will traverse along the glaciers, keeping the Khumbu Glacier to the left, and arrive at Lobuche. From Lobuche, the left route takes you to Dingboche, and the right takes you to Dzongla. You will take the right route.

Overnight stay at Maison Sherpa Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Dzongla (4,855m / 15,930ft) via Cho La Pass (5420m / 17,783ft) and then to Thangnak (4,700m / 15,400ft)

Trek Distance 16km / 9.9 miles Highest Altitude 5,420m / 17,783ft Trek Duration 6-7 hrs

After breakfast, you will leave Dzongla and head to Cho La Pass. The trails are quite challenging, but the views are equally stunning. After the rugged journey through the Cho La Pass, you enter a serene valley and continue on the trails, enjoying the pristine landscapes until you arrive at Thangnak.

Overnight stay at Hotel Khumbila
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Trek from Thangnak (4,700m / 15,400ft) to Gokyo (4,790m / 15,584ft)

Trek Distance 3.7 km / 2.3miles Highest Altitude 4,790m / 15,584ft Trek Duration 5 hours

The trail to Gokyo leads through rugged terrain, weaving past glacial moraines and rocky landscapes. Along the journey, the breathtaking vistas of towering peaks and pristine alpine lakes captivate the senses. As trekkers ascend, the allure of Gokyo's turquoise waters becomes increasingly palpable. Upon reaching Gokyo, you will be greeted by the warmth of local teahouses, offering a haven of rest and rejuvenation. As the day draws to a close, the ethereal beauty of Gokyo casts its spell, leaving an indelible impression of tranquility and wonder on all who journey through its majestic realms.

Overnight stay at Namaste Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

Gokyo to Gokyo Ri viewpoint (5,400m / 17,814ft) and to Machhermo (4,470m / 14,450ft)

Trek Distance 6.8 km / 4.2 miles Highest Altitude 5,400m / 17,814ft Trek Duration 5 hours

We set off early from Gokyo and gradually ascend towards Gokyo Ri. The trail, well-marked and steady, leads you to the Gokyo Ri summit at approximately 5,360 meters (17,585 feet). From this vantage point, you can get a breathtaking panoramic view of Gokyo Lakes, surrounding glaciers, and towering peaks like Cho Oyu, Everest, Lhotse, and Makalu. After soaking in the views, you will descend to the base of Ngozumpa Glacier and further through the juniper bushes to the stunning Gokyo Lakes. After crossing the Gokyo Lakes, you will arrive at Machhermo.

Overnight stay at Yeti Home
Included standard meals (Breakfast + Lunch + Dinner)

DAY 13

Trek from Machhermo (4,470m / 14,450ft) to Namche Bazaar (3,440m / 11,285ft)

Trek Distance 10.8 km / 6.7 miles Highest Altitude 4,470m / 14,450ft Trek Duration 5-6 hours

We bid farewell to the tranquil village of Machhermo and set out towards Namche Bazaar through rocky trails, verdant forests, and meandering rivers. Along the way, be mesmerized by the majestic Himalayan vistas and the serene beauty of the surroundings. As you trek, you can witness the rich cultural heritage while passing by traditional Sherpa villages adorned with colorful prayer flags and intricately carved mani stones.

As you approach Namche Bazaar, you will again catch the views of this bustling market. At Namche Bazaar, the trek nears its closure, so we encourage you to soak in the lively atmosphere. You can explore the narrow alleyways, lined with shops, restaurants, and even pubs.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 14

Trek from Namche Bazaar (3,440m / 11,285 ft) to Lukla (2,850 m / 9,350 ft)

Trek Distance 13.5km / 8.3miles Highest Altitude 3,440m / 11,285ft Trek Duration 6-7 hrs

The trek is almost over. You will leave the vibrant town of Namche Bazaar and towards Lukla. You will follow the paved stones until the foothill and follow the same route you used at the beginning of the trek. After about an hour of trekking, you will get the final views of Mt Everest. The path will mostly be downhill and often alongside the Dudh Koshi River as you trek through smaller Sherpa villages and a few suspension bridges. The path slightly ascends before reaching Lukla, the last town in the trek region.

Overnight stay at Hikers Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 15

Fly back to Kathmandu/Manthali from Lukla (2,850m / 9,350ft). (Return to Kathmandu)

Flight hours Flight Duration: 40/20 minutes Highest Altitude 2,850m / 9,350ft

You will return to Kathmandu on this day. The flight path from Lukla varies depending on the trekking season. During March, April, May, September, October, or November, it's likely you'll fly to Manthali, from where we'll drive you to Kathmandu. However, in December, January, February, June, July, and August, you will fly from Lukla to Kathmandu directly.

For those wishing to bypass the Lukla-Manthali-Kathmandu route, helicopter bookings are available at an additional cost of approximately 550 USD per person, assuming five individuals split the fare.

Your return journey to Kathmandu will be a comfortable one, providing ample time for you to reflect on your trek to Everest Base Camp. You might also have the anticipation of reuniting with loved ones at home. Later in the day, Discovery World Trekking will arrange a farewell dinner for you in Kathmandu to commemorate your memorable adventure.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Round-trip flight tickets for Kathmandu/Manthali and Lukla (Kathmandu–Manthali–Kathmandu travel via shared vehicle)
- Private transportation to and from Kathmandu Airport and your hotel.

Accommodations

- Total 14 nights (Five nights - Lukla, Phakding, and Namche (3 Nights), rooms with a private attached bathroom. Nine nights - standard room at Tengboche, Dingboche(2 nights), Lobuche, Gorak Shep, Dzongla, Thangnak, Gokyo, and Machhermo

Food

- Standard full-board meals (15 breakfasts, 14 lunches, and 14 dinners), with one main course per meal.
- Water purification tablets for safe drinking water
- Seasonal fresh fruits every day

Guide and Porter

- Experienced government-licensed English-speaking Discovery World Trekking trek leader (12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage (1 porter for 2 trekkers, 9 kg weight limit per trekker)
- Guides and porters costs, their meals, insurance, salary, lodging, transportation, flight, and necessary equipment

Trek Permits and Expenses

- Sagarmatha National Park entry permit fee
- Khumbu Pashang Lhamu Rural Municipality fees.
- All government, local taxes, and official expenses

Medical Assistance

- Rescue operation arrangements in case of health emergencies (funded by travel insurance)
- Medical kits includes an oximeter to monitor blood oxygen saturation levels in high altitudes.

Souvenir

- Company's T-shirt & cap

Farewell

- Discovery World Trekking’s certificate of appreciation after the successful trek
- Farewell dinner after trek completion

Benefits

- Sleeping bags and down jackets , duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek.

What is excluded in this trek package?

International Flight

- International flight airfare

Accommodations

- All accommodations in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival, late departure, and early return from trekking.

Food

- All meals in Kathmandu, before and after the journey
- Extra night meals in Kathmandu due to early arrival, late departure, and early return from trekking.

Guide and Porter

- Tips for guides and porters

Visa

- On-arrival visa fees at Tribhuvan International Airport- (15 days - 30 USD, 30 days- 50 USD)

Travel Insurance

- Travel insurance, which has to cover emergency high-altitude rescue and evacuation compulsory

Personal Expenses

- Personal expenses (shopping, snacks, boiled/bottled water, hot (tea, coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters, etc
- Personal clothing and gear

Other Expenses

- Excess baggage charges during the trip (Limit is 9 kg per Person)
- Additional costs due to delays beyond our control. For example, landslides, weather conditions, itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc.
- All the costs and expenses that are not listed in - "What is included in the Everest Base Camp - Chola Pass - Gokyo Trek package?" above

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

EBC Chola Gokyo Packing List

We request you carry only the basics during the trek. You can store your extra luggage at the Discovery World Trekking store for free. Please remember that we assign a porter for two trekkers, and the weight limit is 9 kg per trekker (18 kg max carrying limit for a porter).

We recommend you team with a trekking partner and pack your things together in a duffle bag of over sixty liters capacity. Here is the packing list to help you pack.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

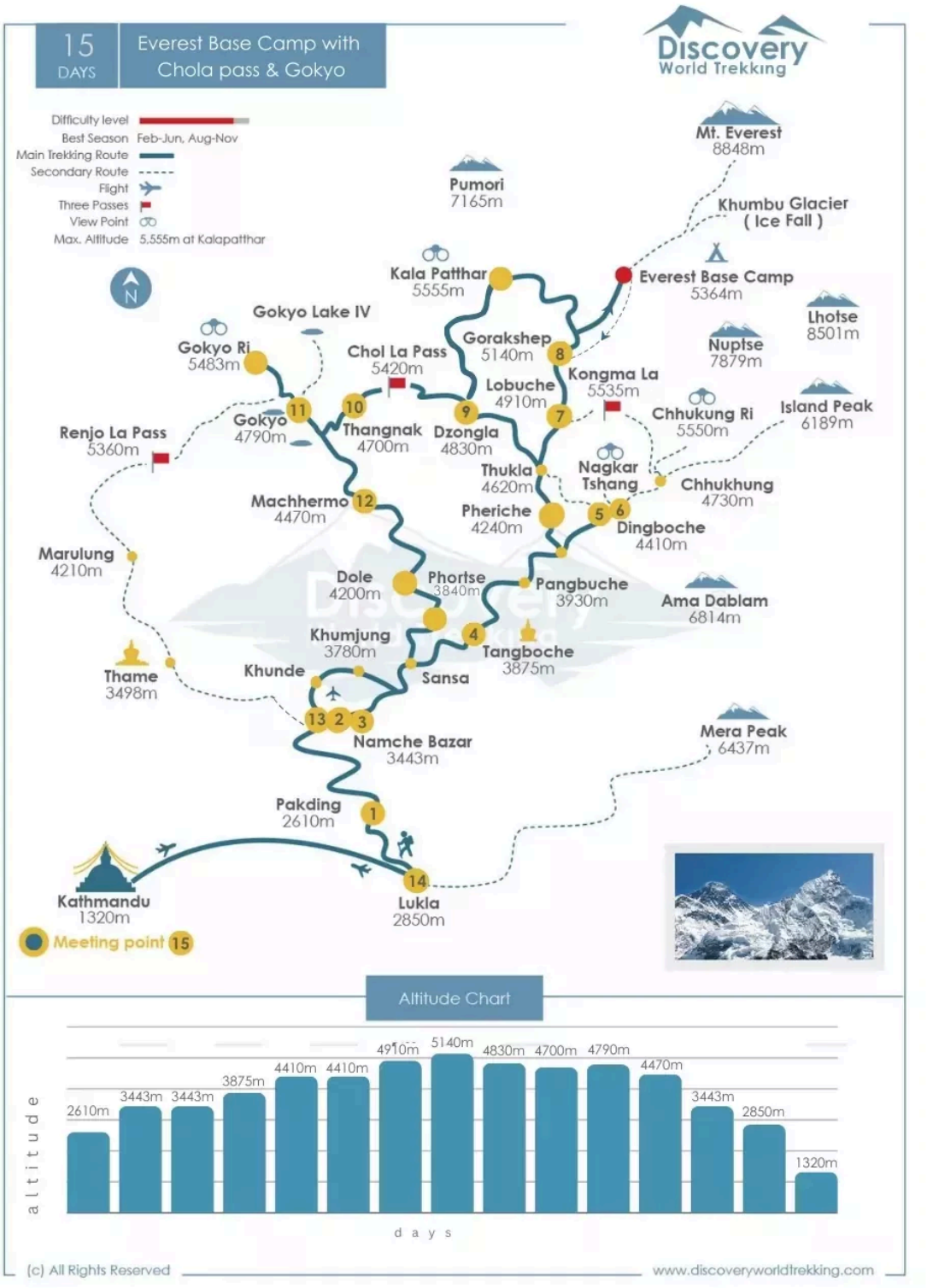
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own

EBC Chola Pass Gokyo Trek Map



Trip Notes

Arrival, Welcome, and Trek Start

When you arrive at Tribhuvan International Airport, our representative will receive you and take you to your hotel in a private vehicle, ensuring a smooth transition into Kathmandu.

On departure day, we'll pick you up and transport you to Kathmandu or Manthali Airport, depending on the trekking season, as flights may be rerouted due to seasonal traffic congestion. Mostly, during March, April, May, October, and November, due to traffic congestion at the Kathmandu Airport, the flights to Lukla get rerouted from Manthali Airport in Ramechhap. So, to catch an early morning flight from Manthali Airport to Lukla, we will pick you up at your hotel at around 12:30 am, and drive to Manthali. The flight from Manthali to Lukla lasts around 20 minutes.

In other months, you will fly directly to Lukla from Kathmandu, and the flight will last around forty minutes. Upon landing in Lukla, your trek to Phakding starts, giving you an early sense of the different terrain, location, altitude, and weather in the Everest Region. This Everest guide covers all the details of the region.

Accommodations

During this trek, you'll enjoy 14 nights in the best accommodations in trek regions. In Lukla, Phakding, and Namche, five nights are in private rooms with attached bathrooms, while the remaining nine nights feature twin-sharing rooms. Hot showers, electricity for recharge, and Wi-Fi are available along the trek at additional costs.

Please note that accommodation in Kathmandu is not included, allowing flexibility to choose based on your preferences and budget.

After you land at **Tribhuvan International Airport**, our team representative will welcome you with a traditional **Namaste** and a **personalized name card**. We will then transfer you to your hotel in a private vehicle and help you with your luggage.

Airport Pickup and Hotel Transfer

After receiving you at the airport, we'll transfer you to your hotel in a private vehicle. Our team will help you with your luggage and make sure you reach your hotel comfortably.

If you haven't booked a hotel, we can help arrange your stay. We recommend Thamel, Kathmandu's main tourist and trekking hub, where you can visit cultural attractions, enjoy local restaurants, and purchase any trekking essentials you still need.

Online Briefing and Team Meetup

Before leaving for Mardi Himal, we will arrange a briefing with you and your group at our Kathmandu office. Our team lead, Paul, will explain the five-day route and help you understand what to expect on the trail.

During the briefing, he will:

- Introduce the route: **Pokhara → Kande → Australian Camp → Pitam Deurali → Forest Camp → Low Camp → High Camp → Mardi View Point → Mardi Himal Base Camp → Siding → Pokhara**.
- Review the daily walking hours, elevation changes, and overnight stops.
- Explain the early-morning ascent from High Camp to Mardi View Point and Base Camp.
- Introduce your trekking guide, porter, and team.

1. Provide insights on weather and temperature.
2. Perform last-minute checks for your essential trekking gear and luggage arrangements.
3. Answer your questions about meals, teahouses, weather, and trail conditions.
4. We welcome you with a T-shirt and a cap with a printed DWT name as a souvenir.

This briefing helps you understand the route before setting off and gives you time to address any last-minute concerns.

Meals

We provide 15 breakfasts, 14 lunches, and 14 dinners featuring local, Asian, and Western cuisine. All meals are on a full-board (main course) basis. Menu options vary depending on altitude, fewer options will be available at greater elevations. Note that hot, cold, and alcoholic drinks are not covered in this package.

- one
- two
- three
- four
- five

Since staying hydrated is important at high altitudes, we recommend different teas, garlic soup, and fresh vegetables. We advise avoiding non-veg items, dairy, and alcoholic and caffeinated drinks for your health.

Luggage

We provide porters to carry your luggage up to 9 kg. One porter carries luggage for every two trekkers. Hence, partner up with a fellow traveler and pack your things together in a duffle bag of over sixty liters. We recommend you carry only essential items and store excess luggage at your hotel or in our storage free of charge.

Facilities and Essentials

- **Water**

You can buy bottled water along the trek route, but, as some trek regions restrict plastic bottles. We recommend bringing a water bottle that you can fill with boiled/filtered water bought from tea houses. Further, we recommend you use water purification pills, which we can provide if you don't have your own. We strongly advise against drinking from local water sources for health reasons.

- **Communication**

Internet access is available in lodges for an additional cost. You can buy a local SIM in Kathmandu, but depending on the network, the signals may not be strong enough in higher altitudes. We stay in contact with all our trek teams daily via the trek leader and on the mobile at least once a day.

Travel Essentials

- **Visa**

Foreign nationals, excluding Indians, require a visa to enter Nepal, which you can obtain on arrival at Kathmandu Airport or land border checkpoints. To apply for the visa, you'll need a passport with six months of validity, a passport-size photo, and a visa fee. The fee for a 30-day visa is $50, payable upon arrival. For details visit: https://www.immigration.gov.np.

- **Travel Insurance**

Travel insurance is mandatory for the trek and should include coverage for medical treatment and helicopter evacuation up to the trek's highest altitude (5,500 m). Please ensure your policy covers helicopter evacuation by calling your provider for confirmation.

- **Currency Exchange**

Nepal's currency is the Nepalese Rupee (NPR). 1 USD = ~138. You can exchange your currency at banks or authorized money exchanges in Kathmandu. ATMs are also available for NPR withdrawals (typically at a 500 NPR fee for a withdrawal of 35,000 NPR). We recommend bringing cash in major currencies, and exchanging them in Kathmandu, as trek regions lack banking facilities.

- **Extra Expenses**

Although the trek package covers most expenses, you'll need additional cash for meals and lodging in Kathmandu, visa fees, travel insurance, beverages, and personal expenses. Trek regions only accept Nepalese Rupees, and we suggest budgeting $15-$20 daily for these needs.

Trek Season and Weather Conditions

Our treks run year-round, but each season offers unique weather conditions. From January to February, you'll experience the coldest period of the year, with temperatures dropping to -15°C and heavy snowfall across the trails.

As spring arrives in March and April, trekking conditions improve with warming temperatures and spectacular views of glaciers and landscapes, ranging from 18°C during the day to -12°C at night. May through June brings comfortable weather, ideal for trekking, with temperatures between 25°C and -5°C.

During July and August, the monsoon season ushers in heavy rains, particularly at lower altitudes, creating quieter trails but still offering manageable conditions with temperatures from 27°C to 5°C.

Clear skies and vibrant landscapes characterize September and October, with daytime temperatures around 20°C and nights dipping to 5°C. Finally, November and December mark the beginning of winter, bringing colder nights and snow-covered trails, yet rewarding you with crisp, clear skies and stunning views, with temperatures ranging from 18°C during the day to -10°C at night.

Typical Day

Each trek day brings a unique mix of trekking, sightseeing, and cultural immersion. A typical day starts with breakfast at around 7 a.m., followed by a 3-4 hour trek and lunch around noon. After lunch, you will rest for an hour and then trek briefly.

After reaching your destination, you're free to explore. We serve dinner around 6-7 p.m., then your guide will brief you about your next day's plan. Then you can spend your time as you like, playing games, socializing, or learning Nepali words from our team.

Feedback and Trip Conclusion

On the last day of the trek, we'll gather for a farewell dinner in Kathmandu and present you with a trek achievement certificate. We appreciate your feedback, as it helps us improve our services and reach other adventurers through platforms like TripAdvisor.

- **Departure**

On your departure day, we provide hotel-to-airport transfer services, ensuring a hassle-free journey to Tribhuvan International Airport.

Trek Bookings

- **Private Treks**

We offer private treks only with discounts for larger groups. We provide experienced guides and porters and ensure that each team has a guide and one porter for every two trekkers. For groups of more than 12, we provide an assistant guide.

- **Safe Trek Bookings**

We are a Nepal-government-authorized tour operator and members of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). So, you can book treks with us confidently.

To confirm the trek booking, we require a 10% deposit, with the balance due upon arrival in Kathmandu. We offer multiple payment methods for convenience, including bank transfer, credit card, Wise, and Western Union. You can also pay in cash when you are in Nepal. We will also email you payment details. Please send us essential documents within a week of booking the trek.

- **Last-Minute Bookings**

For spontaneous adventurers, we accept last-minute bookings. For last payment bookings, you must clear the entire cost of the trek 24 hours before the intended trip departure. However, we can't be responsible for delays or unavailability due to circumstances beyond our control, such as bad weather or lodge availability.

- **Flexible Schedule**

We recommend adding extra days to your trip to accommodate potential weather-related delays on flights to/ from Lukla. Helicopter bookings are available as alternatives, if necessary, but cost around $550 per person if five persons split the bill.

- **Trip Extension**

If you wish to extend your stay, we can offer various activities, from sightseeing in Kathmandu to wildlife safaris in Chitwan, or even additional treks.

DWT Family

Our highly skilled guides and Sherpas, who come from remote Himalayan regions, will accompany you, and our porters will handle the luggage. Our team members receive fair compensation, insurance, meals, and accommodation throughout the trek, and we ensure their safety and satisfaction, knowing that happy guides create happy clients.

Ecotourism Practices

We are committed to eco-friendly trekking practices and work with local groups to minimize environmental impact, including partnerships with the Kathmandu Environmental Education Project (KEEP) to ensure sustainable, balanced treks that benefit both travelers and the community.

Tipping Culture

Tipping is customary in Nepal, a way to express gratitude for service quality. You're welcome to tip at the end of the trek based on the service, team size, and trip length. We suggest collective tipping as a team at the end of the trek.

FAQs For Everest Base Camp Chola Pass Gokyo Trek

GENERAL INFORMATION

What is the Everest Base Camp Chola Pass Gokyo Trek?

The Everest Base Camp Chola Pass Gokyo Trek is an adventurous journey combining the iconic Everest Base Camp route with a thrilling high-altitude crossing of the Cho La Pass (5,420m) and an exploration of the serene Gokyo Lakes. This trek offers stunning mountain views, cultural experiences in Sherpa villages, and diverse landscapes, ranging from glaciers to tranquil alpine lakes.

How long does the Everest Base Camp Chola Pass Gokyo Trek take?

This trek lasts for 15 days. This includes time for rest, and acclimatizations as well as time for exploration of key highlights such as Everest Base Camp, Gokyo Lakes, and Kala Patthar.

What are the main highlights of the trek?

The trek's main highlights include reaching Everest Base Camp, crossing the challenging Cho La Pass, climbing Kala Patthar for unparalleled views of Mount Everest, and witnessing the stunning beauty of the Gokyo Lakes. You'll also experience Sherpa culture, visit Tengboche Monastery, and see magnificent peaks like Ama Dablam, Lhotse, and Cho Oyu.

Is this trek more challenging than the standard Everest Base Camp Trek?

Yes, this trek is more challenging than the standard Everest Base Camp Trek because it involves crossing the Cho La Pass, which adds a demanding high-altitude section to the route. The trail over the pass can be steep, icy, and require extra effort, but it also rewards you with extraordinary views.

What can I expect to see at Gokyo Lakes?

At Gokyo Lakes, you can expect to see a series of turquoise, high-altitude lakes surrounded by snow-capped peaks. The scenery is breathtaking, and from Gokyo Ri, you'll get a panoramic view of Everest, Lhotse, Makalu, and Cho Oyu. The lakes are a tranquil and magical part of the trek, offering a peaceful contrast to the rugged mountain terrain.

Can I book a private Everest Base Camp Chola Pass Gokyo Trek?

Yes, we do offer private Everest Base Camp Chola Pass Gokyo Trek, lasting 15 days.

PREPARATION & FITNESS

How fit do I need to be for the Everest Base Camp Chola Pass Gokyo Trek?

You must be in good physical shape for this trek, as it involves long days of trekking at high altitudes and crossing difficult terrain, including the Cho La Pass. Good cardiovascular fitness, endurance, and leg strength will help you handle the demands of the trek. If you are not in good shape, you must train for the trek.

What level of trekking experience is recommended for this trek?

While it is possible to do this trek as a first-timer, previous high-altitude trekking experience is beneficial. The terrain, altitude, and physical challenge make it more suitable for those with some trekking experience, particularly in rugged and high-altitude environments.

What kind of physical preparation should I do before the trek?

To prepare for this trek, you should engage in cardiovascular activities such as running, hiking, or cycling to build your stamina. Strength training for your legs and core, as well as practice hikes with a loaded backpack, will also help you adjust to the physical demands of trekking for multiple days.

PERMITS

What permits are required for the Everest Base Camp Chola Pass Gokyo Trek?

You will need a Sagarmatha National Park Entry Permit and a Khumbu Pasang Lhamu Rural Municipality Permit for this trek.

Are the permits included in the trek package?

Yes, our package includes the necessary permits.

Where can I obtain the necessary permits for this trek?

The permits can be obtained in Kathmandu or at the entry points to the Sagarmatha National Park. However, if you book with us, we will arrange all permits for you.

INSURANCE & VISA

Is travel insurance required for this trek?

Yes, travel insurance is mandatory for this trek. It should cover emergency helicopter evacuation in addition to health care costs.

What should my insurance cover for the Everest Base Camp Chola Pass Gokyo Trek?

Your insurance should cover treatment costs and helicopter evacuation upto 5,550 m (the highest trek altitude). Please double-check that your insurance covers helicopter rescue.

Do I need a visa to visit Nepal for the trek, and how do I obtain it?

Yes, all foreigners, except Indians, need a visa to enter Nepal. Most nationals can obtain a visa on arrival at Tribhuvan International Airport in Kathmandu or apply for one in advance at a Nepalese embassy.

GUIDES & PORTERS

Is a guide included in the Everest Base Camp Chola Pass Gokyo Trek package?

Yes, we include an experienced and government-licensed guide in this package. The guide is responsible for leading the group, ensuring your safety, and providing information about the local culture and landscape.

What is the role of the guide and support staff on this trek?

The guide leads the trek, offers insights into the region, and ensures your safety. The support staff, including porters, carry your luggage, set up accommodations, and assist with logistics, allowing you to focus on the trek itself.

Can I do this trek independently, or is a guide recommended?

No. Since April 2023, the Nepal government has made a guide mandatory for foreigners entering Nepali national parks and protected areas.

ACCOMMODATION

What type of accommodation is available during the Everest Base Camp Chola Pass Gokyo Trek?

You will stay in teahouses along the trek. These lodges/tea houses offer a warm place to sleep, meals, and sometimes amenities like showers and Wi-Fi. Rooms are mostly on a twin-sharing basis.

Will there be electricity and Wi-Fi access at the teahouses?

Electricity is available at most teahouses for charging devices, but you may need to pay extra. Wi-Fi is also available in many teahouses, but the connection can be slow and unreliable at higher altitudes.

Are hot showers available along the trek?

Hot showers are available at some teahouses, but you will likely need to pay an additional fee, and the availability of hot water may be limited, especially at higher altitudes.

FOOD & DRINKS

What kind of meals are provided during the trek?

Meals during the trek typically include traditional Nepali dishes like dal bhat (lentil soup with rice), as well as other, mainly Western and Tibetan options such as noodles, pasta, soups, burgers, sandwiches, and pancakes. We provide standard breakfasts, lunches, and dinners in the trek regions.

Are vegetarian or vegan food options available?

Yes, we can arrange vegetarian and vegan options. However, please state your preference early.

Is it safe to drink water during the trek, or should I bring water purification tablets?

No, you should not drink water directly from local sources, such as taps, wells, and rivers. You can either bring water purification tablets or use a filtration system. Bottled water is available, but it becomes more expensive as you ascend. Moreover, it disturbs ecology. A safer option is to bring a water bottle and fill it with boiled/filtered water bought in tea houses/lodges.

WEATHER

What is the best time of year for the Everest Base Camp Chola Pass Gokyo Trek?

The best time for this trek is during the pre-monsoon (March-May) and post-monsoon (September-November) seasons, when the weather is clear, and the views are at their best.

How does weather affect trekking conditions, especially over the Chola Pass?

Weather plays a crucial role in the trekking conditions, particularly over the Cho La Pass. Snow and ice can make the pass difficult to cross, and high winds and storms can pose dangers, so it's important to choose the right season.

Can I trek during the winter or monsoon seasons?

You can trek during the winter (December-February) or monsoon (June-August) seasons, but both have their challenges. Winter brings cold temperatures and snow, while the monsoon season can bring heavy rains and landslides.

HEALTH & SAFETY

What health risks should I be aware of during the Everest Base Camp Chola Pass Gokyo Trek?

The main health risks include altitude sickness, dehydration, and cold-related illnesses. So you must acclimatize properly, stay hydrated, and be prepared for cold conditions.

How can I prevent and manage altitude sickness on this trek?

To prevent altitude sickness, ascend gradually at your own pace, take acclimatization days, stay hydrated, and avoid alcohol. If symptoms of altitude sickness occur, it's important to descend to a lower altitude immediately. Moreover, our guides will suggest other ways of reducing the chances of altitude sickness.

What emergency procedures are in place in case of health or safety issues?

In serious health emergencies, in coordination with your insurer, a helicopter will be deployed. So, it is important to have travel insurance that covers helicopter evacuation.

PACKING & GEAR

What essential gear should I bring for the Everest Base Camp Chola Pass Gokyo Trek?

Essential gear includes a good-quality down jacket, trekking boots, thermal clothing, a hat, gloves, a sleeping bag, and a backpack. Sunglasses, sunscreen, and a water purification system are needed. For details, please check our equipment section.

Do I need crampons or any special equipment for crossing the Chola Pass?

Yes. Crampons may be necessary while crossing Chola Pass.

Are trekking poles recommended for this trek?

Yes. You can bring trekking poles as they provide stability, especially when crossing uneven or slippery terrain like the Cho La Pass.

BOOKING & PAYMENTS

How far in advance should I book the Everest Base Camp Chola Pass Gokyo Trek?

You need to book at least a few months in advance, especially if you are planning this trek during peak trekking seasons, to ensure availability for flights, guides, and accommodations.

What is the payment process for booking the trek?

You will need to pay ten percent of the trek package as an advance to confirm booking. You can pay through our website, using bank transfers, Wise, or Western Union. The rest of the cost is due when you arrive in Kathmandu. In Kathmandu, you have an additional payment option - cash.

Are there cancellation or refund policies for this trek?

Yes, we have cancellation and refund policies, please visit our terms and conditions page.

TRANSPORTATION

How do I get to the starting point of the Everest Base Camp Chola Pass Gokyo Trek?

The trek starts in Lukla accessed by a short flight from either Kathmandu or Manthali, depending on the season.

Are domestic flights required for this trek?

Yes, a domestic flight from Kathmandu (or Manthali) to Lukla is required to reach the starting point of the trek. You will return to Kathmandu on a flight from Lukla or via Lukla to Manthali route.

What happens if my flight to Lukla is delayed or canceled due to weather conditions?

Flight delays or cancellations to Lukla are common due to weather. If this happens, your guide will help you adjust your itinerary, or you may need to wait for the next available flight. Helicopter transfers are available as an option at an additional cost of around USD 550 per person,

Discovery World Trekking

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