

Gokyo – Chola pass - Kala Patthar Trek - 18 Days

Embark on an unforgettable journey along the renowned Gokyo Cho La Pass Everest Base Camp Trek, a route revered for its awe-inspiring vistas and challenging terrain. This expedition begins amidst the splendor of the Gokyo Lake region, renowned for its serene beauty and captivating views of towering peaks such as Cho Oyu, Makalu, Lhotse, and the iconic Everest itself. The adventure kicks off with an early morning ascent to the summit of Gokyo Ri (5360m), offering a sublime panorama of majestic peaks towering above 8000 meters.

Traversing the formidable Cho La Pass (5420m), trekkers join the path leading to the legendary Everest Base Camp, a journey that unfolds amidst a tapestry of breathtaking landscapes and cultural treasures. Before reaching the iconic Kala Pattar (5550m), a veritable balcony to the top of the world, adventurers are treated to a spectacle of unparalleled grandeur, with Mount Everest standing as the crowning jewel in this majestic panorama.

Beyond the sheer beauty of the landscape, the Gokyo Cho La Pass Everest Base Camp Trek promises a rich tapestry of experiences, from encounters with diverse flora and fauna to immersion in the vibrant Sherpa culture. Along the trail, trekkers encounter ancient monasteries steeped in centuries-old traditions, offering glimpses into the spiritual heart of the Himalayas.

The journey unfolds through a varied terrain, meandering through verdant Rhododendron and pine forests, past cascading waterfalls, and across high pasturelands adorned with fluttering prayer flags. Each step offers a new perspective, revealing the profound connection between the land and its people.

For those seeking a less-traveled path, the Salleri route presents an enticing alternative. This scenic journey offers a glimpse into the daily rhythms of life in the Himalayas, as travelers traverse picturesque landscapes and interact with communities along the way. Accessible via bus or jeep from Kathmandu, the Salleri route offers a more immersive and culturally rich experience, away from the hustle and bustle of traditional tourist routes.

However, it's important to note that during peak seasons, flights to Lukla may be subject to congestion, necessitating a detour to Manthali (Ramechhap) airport. Despite this logistical challenge, the allure of the Everest Gokyo trek remains undiminished, offering adventurers a once-in-a-lifetime opportunity to immerse themselves in the breathtaking beauty and rich cultural tapestry of the Himalayas.

PRICE INCLUDES

- Accommodation in the mountains Lodge (dinner, breakfast and lunch)
- 2 nights In Kathmandu with breakfast.
- All transportation, including airport pickup and drop-off.
- Hiking permit in the national park and trekking regions, TIMS
- One Expert Trekking Guide, Assistant guides, and porters (1 porters for 2 guests).
- All government and local taxes.
- Nepali staff's insurance.
- Welcome dinner and Farewell dinner

PRICE EXCLUDES

- Nepal entry visa at immigration at Tribhuvan International Airport (TIA) (approximately 50 USD) per person.
- Rental of trekking equipment such as sleeping bags, down jackets, trekking poles, etc.
- Shower, Wi-Fi, cell phone battery charging and device
- Unexpected costs due to health, flight cancellation, weather conditions, etc.
- All kinds of drinks and snacks.
- Tips for the guide and porter after the trek.
- Insurance.
- International flight

ITINERARY IN DETAIL

Day 1: Day 1: Arrival in Kathmandu

Arriving at Kathmandu airport, typically in the afternoon, signals the beginning of a journey into a vibrant new world. After navigating customs formalities and collecting baggage, you'll be warmly greeted by our local representative. As you journey through the bustling streets of Kathmandu to your hotel, you'll be immersed in the lively atmosphere of the capital city. Here, buses, trucks, bicycles, and even sacred cows create a colorful and friendly chaos that's uniquely Nepalese.

Depending on your arrival time, you may have the opportunity to explore the surrounding area or simply relax and settle into your hotel before dinner. Whether you choose to wander the streets, taking in the sights and sounds of Kathmandu, or prefer to unwind and prepare for the adventures ahead, your first evening in Nepal promises to be an unforgettable experience.

Day 2: Day 2 Fly to Lukla (2840m) And Trek to Phakding (2610m)

Our adventure begins with an early departure from the hotel, heading to Kathmandu or Manthali Airport for our flight to Lukla (2840m), a journey of approximately 35 to 20 minutes. From the window of our plane, we're treated to breathtaking views of the Himalayan range, with snow-capped peaks already visible as we approach Lukla.

Upon landing, we make our way to a lodge to meet our porters and enjoy a cup of tea or coffee to kick-start our journey. Here, we check our baggage, which will be carried by the porters and awaiting us at our camp for the night. After a refreshing tea break, we pass through the charming streets of Lukla, where we encounter the control point for permits and immerse ourselves in the Buddhist culture, admiring monuments like stupas, chortens, and prayer wheels adorned with colorful prayer flags.

Descending towards Thado Koshi (2550m), we break for lunch with the majestic Kusum Kanguru (6367m) towering before us. Following a 1 hour and 30-minute walk through quaint villages and past Buddhist landmarks, we arrive at our camp in Phagding village.

Please note: Due to congestion at Kathmandu Airport, flights to the Everest Region now depart from Ramchhap Airport, necessitating a 4 to 5-hour drive from Kathmandu. To catch the early morning flights, we depart Kathmandu at 1 am. All meals and accommodation are included, with accommodations ranging from 3 to 3.5 hours.

Accommodation: In Lodge

Gain: +180m/-380m

Day 3: Day 3 Phokding To Namche Bazaar (3440m)

As the day unfolds, we embark on our ascent to higher altitudes, gradually making our way toward Monjo village along the banks of the Dudh Kosi River. Along the path, we're treated to stunning views of the towering Kusum Kanguru (6367m) and Thermserku Himal (6618m) looming in the distance.

Entering the Sagarmatha National Park, we stop at Monjo to complete permit checks before continuing our journey. A picturesque lunch spot awaits us at Jorsala (2740m), nestled beside the rushing river. Crossing several bridges, including the final long and lofty suspension bridge, we begin a steep climb that rewards us with our first glimpse of the majestic Mt. Everest (8848m).

Finally, we arrived at Namche Bazaar, our home for the next two nights. As the gateway to the Khumbu region, Namche serves as a bustling cultural hub and a crossroads for various treks in the area. Be prepared to encounter fellow travelers as you enter and leave the city, immersing yourself in the vibrant energy of this Himalayan crossroads.

Accommodation: In Lodge

Walking Hour: 6/7 hours

Gain: +815m/-50m

Day 4: Day 4 Namche Bazaar(Rest Day) - Thame(3493m) - Namche Bazaar (3440m)

Today is designated as a rest day, allowing us to acclimatize to the altitude and avoid mountain sickness. Despite the restful nature of the day, there are still plenty of activities to choose from to aid in acclimatization. Your guide will offer two options for today's excursion, ensuring an enjoyable and safe experience.

One option is to venture up to Thamo village (3493m) along the Bhote Koshi River, which originates from Tibet. This trek offers the opportunity to explore a lesser-known part of the region, providing a glimpse into areas we won't otherwise visit. Along the way, we'll be treated to stunning views of Thame village, a key stopover for trekkers undertaking the Three Passes Trek.

Alternatively, we can opt to hike up to the Everest View Point (3880m) before returning to Namche Bazaar for lunch. This scenic route offers breathtaking vistas of the surrounding mountains, including the majestic Everest. After lunch, you'll have free time to explore the vibrant streets of Namche Bazaar, immersing yourself in its rich culture and lively atmosphere.

Whichever option you choose, rest assured that your guide will provide expert assistance and explanations throughout the journey, ensuring a memorable and rewarding experience while prioritizing your safety and well-being.

- Walking time: between 5h
- Accommodation: In lodge
- Height difference: +/-470m

Day 5: Day 5 Namche Bazaar to Phortse Thanga (3675m)

The first hike is steep as we follow a popular route up to Kenjoma (3550m), the point where the Gokyo Lake and Everest Base Camp treks diverge. After around 2 hours of climbing, we reach Mong La Pass (3973m) for lunch with

stunning views. Descending steeply to Phortse Thanga (3680m), our camp for the night, we can optionally visit Phortse village, known for its alpine beauty and views of Thamserku (6608m), Ama Dablam (6814m), and Kangtega (6685m), as well as the nearby river originating from Gokyo Lake.

- Walking time: between 5h
- Accommodation: In lodge
- Height difference: +650m/-395m

Day 6: Day 6 Phortse Thanga To Macchermo (4410m)

We climb up gradually in the forest of rhododendrons along the torrent. We climb up some steep stone path. The path crosses several hamlets before emerging into the mountain pastures, from where we can see magnificent views of Thamserku (6618m), and Kangtega(6783m). We arrive at Dhole village (4110m) and climb up the summit of Dhole pass (4200m) et lunch at Luza(4360m). Up and down to Machhermo (4470m).

- Walking time: between 5h30 to 6h
- Accommodation: In lodge
- Height difference: +880m/-150m

Day 7: Day 7 Machermo To Gokyo (4800m)

We started our day with a steep climb up to the summit from where we could observe a beautiful view of Cho Oyu (8153m), the border with Tibet. We walk on a straight easy path and cross one small village Phangga (4480m) and climb up to the first lake of the Gokyo area and continue towards Gokyo Lake in a beautiful mountain setting from where we can see the Gokyo Peak with splendid view of Gokyo lake, where we stay just at the bank of the lake.

- Walking time: between 5h30 to 6h
- Accommodation: In lodge
- Height difference: +460m/-120m

Day 8: Day 8 Gokyo Lake -Gokyo Ri (5357m) - Trangnag (4700m)

Early in the morning, we climb up the steep part of Gokyo Peak (5357m) to see the sunrise and panoramic view from the summit. Magnificent viewpoint over all the peaks very close to Khumbu, including four over 8000m: Cho Oyu, Everest, Lhotse, and Makalu. The best viewpoint. Return to Gokyo for breakfast and cross the glacier (moraine) to reach Dragnag (4700m), where we have lunch and pass the night. The base camp of Chola Pass (5420m).

- Walking time: between 5h to 5h30
- Accommodation: In lodge
- Height difference: +630m/-700m

Day 9: Daay 9 Dragnag - Cho La Pass (5420m) - Dzongla (4830m)

On the important day of the trek, we climb up by the valley then grassy slopes lead us to the first pass of Nyimagawa (5041m), via a steep path with big stones and a difficult steep part before reaching Cho La Pass(5420m). After a short passage on the glacier, we have to walk in the ice and descend to the gigantic rocky ramp by following the moraine and then the hamlet of Dzonglha (4830m), where we pass our night.

- Walking time: between 6h to 6h30
- Accommodation: In lodge
- Height difference: +800m/-660m

Day 10: Day 10 Dzongla - Lobuche (4900m) - Pyramid Hotel (5000m)

This day is a cool day with magnificent views of the valley of Everest Base camp, Tabuche Peak (6495m), Cholutse (6335m), Arakm Tse Peak (6423m), Ama Dablam (6814m), Pumari (7165m), Labuche Peak(6135m) and climb towards by the balcony path leads us to Lobuche (4910m) then we take a quiet valley before passing the moraine in the middle of a gigantic of rocks. We lunch at Labuche. Possible to stay at Labuche or go forward around 45 minutes of walk up to Pyramid Hotel (4970m), the so-called Italian Pyramid is a multidisciplinary high-altitude observatory and laboratory research center.

- Walking time: between 4h30 to 5h
- Accommodation: In lodge
- Height difference: +350/120m

Day 11: Day 11 Pyramid Hotel - Everest Base Camp (5364m) - Gorakshep (5140m)

If we sleep at the Pyramid Hotel with the conditions of the season and several tourists, We climb up to view the magnificent view of the valley of Everest Base Camp with the views of Everest, Nuptse, Pumari, and other peaks. We walk on the path of the balcony and join the main way which takes a quiet valley before passing the moraine in the middle of a gigantic of rocks. After some ups and down in the moraine, we arrive at the "sand lake" of Gorak Shep (5140m). We can see the way to climb Kalapathar (5550m) for the next day morning. After lunch, with the conditions of the health, someone can rest and stay at Gorak Shep and if we are in good health can go up to Everest Base camp (5364m) and return to the camp (5140m).

- Walking time: between 4h30
- Accommodation: In lodge
- Height difference: +620/250m

Day 12: Day 12 Gorakshep - Kalaphathhar (5550m) - Lobuche (4910m) - Dingboche (4410m)

Early in the morning, we climb to Kala Pattar (5600m) by a path that is sometimes a little steep, but regular. We climb up to the highest summit of the trek (5550m), which is located at just the foot of the almost perfect pyramid of Pumori (7161m), the view of Everest, Ice Fall, and Nuptse (7861m), Base camp view, 360-degree mountains view. We then descend to Gorak Shep for breakfast and continue to return towards Lobuche (4910m, where we stop for the lunch break. After lunch, the long way to arrive at our camp Dingboche (4410m) by steep descending by passing the pass of Thukla (4830m), where we can see the monuments of alpinists who were dead at Everest Expeditions.

- Walking time: between 7h to 7h30
- Accommodation: In lodge
- Height difference: +670/-1290m

Day 13: Day 13 Dingboche - Tengboche (3860m) - Kenjoma (3550m)

Dingboche is one of the important villages, where we can do a second-day rest at the trek of Everest Base Camp Trek. One of the big villages, where some villagers live the whole year. People cultivate potatoes, barley, and vegetables. This is the gateway to climb Island Peak (6189m), the famous peak for the people who want to do the alpinist. We descend by following Imja Khoa by passing Somare (4010m). This day is the day of Buddhist old and famous monasteries like Pangboche (3939m) and Tengboche (3860m), which carry the historic importance of the Khumbu region. We lunch at Tengboche and steep descends up to the river Dudh Koshi at Phunki (3250m), the steep climb up steadily up to Kenjoma (3550m), we will do the one circuit trek. We join the path, from where we climb up to Gokyo Lake. Nice view hotel of Ama Dablam and other peaks.

- Walking time: between 6h
- Accommodation: In lodge
- Height difference: +370/1210m

Day 14: Day 14 Kenjoma - Namchhe Bazaar (3440m) - Monjo (2835m)

We reach Namche Bazar (3440m) on the same way, we go to visit the Museum of Climbers and see the culture of Sherpas, We have lunch and a short visit at Namche Bazar, then go down to Jorsale and Monjo (2835m).

- Walking time: between 4h to 4h30
- Accommodation: In lodge
- Height difference: +120/-940m

Day 15: Day 15 Monjo To Lukla (2840m)

Return to Lukla (2840m), The last day hike of the trek, end of the trek and find everyone in the evening together to celebrate the conquered of the trek. The guide will explain to you all the necessary briefing for the last day of the trek for Nepali staff.

- Walking time: between 5h to 5h30
- Accommodation: In lodge
- Height difference: +550/450m

Day 16: Day 16 Lukla To Kathmandu (1350m)

Flight back to Kathmandu or Ramechap. Mostly in the big season will be Lukla to Ramechap/ Manthali airport to avoid the traffic jams at Kathmandu. And 5 hours of vehicles to arrive in Kathmandu.

Accommodation: In Hotel

Day 17: Day 17 Kathmandu Seighseeing Day

This one day is an extra day which is put in for the security of flight from Lukla to Kathmandu/ Manthali because of bad weather. If we can't fly on the date which was planned or booked because of bad weather. We can manage on another day by plane or helicopter.

Day 18: Day 18 Depart to Your Home Country



FAQ

1. What are the peaks from Gokyo Ri?

From Gokyo Ri, it is possible to see five 8,000-metre peaks: Mount Everest, Lhotse, Makalu, Kangchenjunga, and Cho Oyu. The Gokyo Lakes are in the area. The Gokyo trek is a fairly popular trekking route

2. Is Gokyo Ri difficult?

The Gokyo lake trek is moderately difficult. You need to be in good shape and stamina for this trek as it requires walking about 5 to 6 hours, excluding the acclimation days. The rugged trails, steep terrains, and high passes prove to be more burdensome.

3. Is Chola pass difficult?

Cho La Pass (5420 m) Famous High Pass in Everest

Cho La Pass is one of the most extreme mountain passes that hikers walk during the three-pass trek. It's pretty challenging with super tricky trails that run hills, valleys, and mountains. The route winds up switchbacks through forests and rocky terrains before running along the glacial moraine.

4. How difficult is the Gokyo – Chola Pass - Kala Patthar Trek?

The Gokyo—Chola Pass—Kala Patthar Trek is classified as strenuous. It involves long days of walking, steep ascents and descents, and crossing the high-altitude Chola Pass at 5,420 meters (17,782 feet). Trekkers should be in excellent physical condition, have previous trekking experience, and be prepared for the challenges of trekking at high altitudes.

5. How long does the Gokyo – Chola Pass - Kala Patthar Trek take?

The Gokyo—Chola Pass—Kala Patthar Trek typically takes 17-21 days to complete, depending on the specific itinerary and pace. This duration includes time for acclimatization, exploring key locations like Gokyo Ri and Kala Patthar, and traveling to and from the trailhead.

6. What is the best time to do the Gokyo – Chola Pass - Kala Patthar Trek?

The best time for the Gokyo – Chola Pass - Kala Patthar Trek is during the spring (March to May) and autumn (September to November). These seasons offer stable weather, clear skies, and the best visibility for mountain views. The trails are also in better condition, making crossing the Chola Pass safer and more enjoyable.

7. What is the highest point of the Gokyo – Chola Pass - Kala Patthar Trek?

The highest point of the Gokyo – Chola Pass - Kala Patthar Trek is the summit of Kala Patthar, which stands at 5,545 meters (18,192 feet). This viewpoint offers some of the most iconic views of Mount Everest and the surrounding peaks.

8. Is the Gokyo – Chola Pass - Kala Patthar Trek safe?

The Gokyo—Chola Pass—Kala Patthar Trek is generally safe for well-prepared trekkers. However, the trek is challenging due to the high altitude and difficult terrain, especially when crossing the Chola Pass. It is recommended that you trek with an experienced guide, acclimatize properly, and be aware of the symptoms of altitude sickness.

9. Which is better: Gokyo Lakes Trek or Gokyo – Chola Pass - Kala Patthar Trek?

The Gokyo Lakes Trek is shorter and focuses on the stunning Gokyo Lakes and Gokyo Ri, offering fantastic views of the Himalayas. The Gokyo—Chola Pass—Kala Patthar Trek, however, is longer and more challenging. It combines the Gokyo Lakes with the thrilling Chola Pass and the famous Kala Patthar viewpoint. If you seek a more extensive adventure with diverse landscapes and iconic Everest views, the Gokyo—Chola Pass—Kala Patthar Trek is the better option.

10. How cold does it get on the Gokyo – Chola Pass - Kala Patthar Trek?

Temperatures on the Gokyo – Chola Pass - Kala Patthar Trek can drop significantly, especially at higher altitudes. In winter, nighttime temperatures can fall as low as -20°C (-4°F) at places like Gorak Shep and Kala Patthar. Even in the warmer seasons, it can get freezing at night, so it's essential to pack appropriately with warm clothing and a high-quality sleeping bag.