Everest Gokyo Cho-La Pass Trek



Trip Overview

Who hasn't heard about the iconic and challenging Everest Base Camp Trek?

But do you know there is an alternative route to Everest Base Camp along with the stunning view and unforgettable experience of Gokyo Lakes and the high Cho-La Pass?

Yes, Everest Gokyo Cho La Pass is one of the most challenging treks to Everest Base Camp, with a length of approximately 108 km. It is an adventure through the Khumbu Region, which combines with the Everest Base Camp and Gokyo Valley. Gokyo Valley is a remote Himalayan valley that presents you with some stunning views of the mountains and glaciers. If you embark on the trek during April, you will be able to experience the Dumje Festival along with the Mani Rimdu dance. This is one of the major highlights of the culture of the Sherpa and Buddhist people.

Everest Base Camp Chola Pass The Gokyo Trekking Trip comprises a perfect blend of natural and cultural heritage. Throughout the journey, the trail passes through the lush green forest, rhododendron and pine trees, the Dudh Koshi Valley, Sagarmatha National Park, Chola Pass, cascading waterfalls, and sherpa villages like Phakding, Namche Bazar, and Tengboche. Diverse flora and fauna, along with wildlife and rocky structures like Kala Pathhar, are the further attractions of this trek.

The trek further presents you with breathtaking mountain vistas, diverse landscapes, rich cultural experiences, and the opportunity to challenge yourself to step out of your comfort zone.

Gallery



















Trip Itinerary

- 1 - Arrival in Kathmandu and sightseeing
- 2 - Trek To Phakding (2610 m) (8560 f) 3 /4 hours, 6 k.m
- 3 - Trek to Namche Bazaar (3440m/11286ft) 5-6 hours, 8 km
- 4 - Acclimatization Day in Namche Bazaar
- 5 - Trek To Dole (4,040m) 3/4 hours, 4 km
- 6 - Trek To Machhermo (4,410m) 4/5 hours, 5 km
- 7 - Trek To Gokeyo (4,750m) 4.5 hours, 3 km
- 8 - Trek to Gokyo Lakes and Gokyo Ri (4 lakes)
- 9 - Trek To Thangnak (4,700m) 4/5 hours, 5 km
- 10 - Cho-La Pass (5420m/17782ft) - Zongla (4875m/16000ft) 7-8 hrs
- 11 - Trek to Lobuche (4910m/16108ft) - 3-4 hours, 4 km
- 12 - Trek to Gorakshep (5180 m) (7/8 Hours) Everest base camp
- 13 - Kalapathar (5550m/18209ft) and Dingboche (4410m/14468ft) - 5-6 hours
- 14 - Trek to Kenjma or Namche Bazaar
- 15 - Trek To Monju (2,780m)

- 16 - Trek To Lukla (2,810m) 6-7 hours
- 17 - Flight back to Ramchep and Drive to Kathmandu
- 18 - Departure

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Flight from Kathmandu to Lukla and fly Back to Kathmandu Or Ramechhap Depending of Seasons
- 3-Star Hotel stays at Kathmandu night stay in twin sharing
- Lodging and Tea house accommodation During Trekking Meals
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route and there salary and Insurance
- Salary and Insurance Cost of Staff
- All necessary paperwork and permits (TIMS/ Conservation Fee).
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Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Helicopter cost
- Extra cost for booking domestic flight other than planned

Gears and equipment

- Clothing

  Waterproof jackets and pants
  Sweaters and down jackets
  Lightweight trousers
  Hiking shirts- long-sleeved
  Hooded raincoat and Fleece jacket
  Innerwears
  Lightweight and heavyweight winter gloves
  Sun hat or scarf; Money belt; Cotton headscarf, bandana
  Winter hat or insulating hat

- Personal accessories

  Headlights and extra batteries
  Face and body wipes
  Sunscreen and sunglasses with UV protection
  Money
  Watch
  Cell phone and camera

- Toiletries

  Medium-drying towels
  Toothbrush and toothpaste
  Washing kits, talcum powder, and toilet paper
  Degradable soap and shampoo
  Deodorant floss, nail clippers, and mirror

- Extra items

  First aid kit
  Passport-sized photos and passport photocopies
  Binoculars
  Personal medications
  1 swiss type knife
  Sleeping bags and sheets,
  Rucksack, backpack, and a small day pack
  Water bottle
  Water purification tablet solution

- Footwears

  Trekking Boots
  A pair of sports shoes
  Heavy wool and light socks

Faqs

1. **What is the best time for the Everest Gokyo Cho La Pass?**

   The best time for the Everest Gokyo Cho La Pass is during spring (March to May) and autumn (September to November), when the skies are clear and the weather is mild.

2. **How difficult is the Everest Gokyo Cho La Pass?**

   The Everest Base Camp Gokyo Cho La Pass is considered a challenging trek because of the high altitude and weather conditions. Therefore, you need to have good physical fitness and proper preparation.

3. **What permits do I need for the Everest Gokyo Cho La Pass?**

   You will require a Khumbu National Park Permit and a Trekkers Information Management System card.

4. **How much does the Everest Gokyo Cho La Pass cost?**

   On average, you can expect to pay around USD 2000 to USD 4000. However, this cost can be altered as per the length of the trek, the service you choose, and the type of accommodation.

5. **Do I need a guide or porter for the Everest Gokyo Cho La Pass?**

   Yes, it is highly recommended to have a guide and porter during the trek because they can help you with navigation and safety. However, it is not considered mandatory.