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The Gokyo Chola Pass trekking is one of the most popular, extraordinary, entertaining, and demanding trekking in the Everest region of Nepal. It is considered one of the unique trekking trails that take you home to the legendary Sherpa ethnic groups in the Himalayas and through Gokyo, the hidden valley with beautiful blue lakes in the lap of the Himalayas. One of the attractions of this Trek is Gokyo Lake at 16400 ft., which is the primary source of the Dudhkoshi River. During our Trek towards Gokyo Cho La Pass, We can enjoy the beautiful environments and surroundings. Main highlights of this Trek are as below

- ❖ A thrilling and picturesque 35-minute flight from Kathmandu to Lukla
- ❖ Discover the unique and living Sherpa tradition and culture
- ❖ Walkthrough the exotic animal habitat in Sagarmatha National Park.
- ❖ Stand at the foot of the highest mountain in the world, the Mount Everest
- ❖ Enjoy the excellent view of the sunrise over the Mount Everest from Kalapatthar
- ❖ Enjoy panoramic views of mountains like Ama Dablam, Cho Oyu, Lhotse, Nuptse, Lobuche, etc.
- ❖ Gokyo Ri and Cho La Pass ascent for fascinating mountain views
- ❖ A visit to the highest freshwater lake system in the world: Lake Gokyo

## Gokyo Lakes Cho La Pass Trek

The Gokyo Cho La Pass Trek rewards you with everything the Everest region has to offer. Everest base camp is one of the last destinations on our trekking trip. There you have a beautiful view of the Khumbu Icefall. However, you don't have a

great view of Everest from base camp, So we need to walk to Kala Patthar to enjoy the most spectacular view of the Mount Everest. Gokyo Lakes is another main attraction of your Everest Gokyo Cho La Pass trekking package. The village of Gokyo is on the eastern shore of the third lake. This light blue color of the high alpine lake makes it exceptionally beautiful.

To acclimatize, climb Gokyo Ri, a summit on the west side of the Ngozumpa Glacier. It is the viewpoint for one of the most spectacular panoramic views of the Everest region that is truly unforgettable. You will hike the snow-covered trails of the Cho La Pass, one of the most challenging stretches of the Trek, where you will get an adrenaline rush and feel like a great achievement.

You also have the opportunity to explore many of the beautiful places along the way. From the moment you start your journey on the exciting flight to Lukla, you get a variety of stunning views of the Himalayas, landscapes, forests, and rivers. You can also explore Sherpa culture and lifestyle at its best.

## **Itinerary**

### **Day 01: Arrival in Kathmandu (1,350 m)**

When you arrive at Tribhuvan International Airport in Kathmandu, you will be met and greet by a representative from our office who will take you to your reserved hotel. Take a rest after check-in at the hotel. As it is your first day in Nepal, we will give you a brief introduction about your trip and guide. You will stay at the three-star hotel in Kathmandu.

Meals included: None

### **Day 02: Trekking preparation and day excursions around Kathmandu**

Today, after breakfast, we begin a guided tour of some of Kathmandu's most historical and religious sites, which are also a UNESCO World Heritage Site. We visit Kathmandu's historic Durbar Square, the Hindu holy temple of Pashupatinath, the famous monkey temple (Swayambhunath), and the Buddhist shrine (Bouddhanath), which is also one of the largest stupas in the world. After

this, you're trekking guide check trekking equipment and introduce other participants and discuss our trip. You will stay at the same hotel in Kathmandu.

Meals included: Breakfast

### **Day 03: Flight Kathmandu to Lukla and walk to Phakding: Walking Distance 3-4 hours**

After having breakfast at the hotel, drive to the airport to reach Lukla, the gateway to Everest. The flight lasts 40 minutes. You can enjoy the beautiful scenery, including mountains from your flight and land at Tenzing Hillary Airport in Lukla, from where the Trek begins. We met up with our other crew members and started packing and organizing with them and start the trekking from Lukla. After an hour of gradual descent, we are in a town in Cheuling, from where you have a view of the mount Khumbila, a sacred mountain that has never been climbed. Then we gradually descend from Cheuling until we reach phakding for night stay.

Meals included: Breakfast, lunch, and dinner

### **Day 04: Trek Phakding to the Namche Bazaar: Walking Distance 5 - 6 hours**

Today, after breakfast, you will trek through a beautiful pine forest and follow the path north into the Benkar valley. Then you will cross the Dudh Koshi River then walk towards Monjo, the entrance to Sagarmatha National Park. After crossing a suspension bridge, we pass the city of Jorsale and walk along the rivers Dudh Koshi and Bhote Koshi. A steep climb takes us to the heart of the Sherpa village: the Namche Bazaar. An hour away to get to the Namche Bazaar, we can see the view of the Mount Everest and Mt. Lhotse in beautiful weather. You will spend the night at lodge in Namche Bazaar.

Meals included: breakfast lunch dinner

### **Day 05: Acclimatization Day at Namche Bazaar:**

At locations above 3,000 m, there is a risk of altitude sickness. Before climbing further, you need to spend more time at the same altitude and ascend the next

day. In this way, your body has some time to adapt to the increasing height and the decreasing oxygen content.

Today you can go to different places or rest for acclimatization. You can get to the Everest View Hotel by walking a few hours uphill, which is only 3,962 meters high. Also, you can go to the headquarters of Sagarmatha National Park to enjoy the magnificent sunrise/sunset over the mountains and view of Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde, etc. If you are interested in a day hike, we go to the village of Khumjung (12401 feet), a beautiful town with a Sherpa settlement. While exploring the Namche Bazaar, we observe the traditional Sherpa life, the Khumjung Hillary School, and enjoy flora and fauna at such a height. You will go back to Namche for dinner and rest. You will spend the night at a lodge in the Namche Bazaar.

Meals included: Breakfast, lunch, and dinner

#### **Day 06: Trek Namche Bazaar to Phortse Thanga: (3,680 m), walking 5-6 hours**

We climb the Khumjung hill and descend east of the village through the wide valley that leads to Dudh Koshi River, from where the route turns north. There are two ways, and our guide will choose the best option for you to continue. There is a chorten on the 3973 m high ridge that descends from the mount Khumbila. You will visit Mohang, the birthplace of the Reborn Lama from Rongbuk Monastery in Tibet, who is believed to have introduced Buddhism to the Khumbu region of Nepal. The path leads in a series of steep curves down a sandy slope to Dudh Koshi. We spend the night in Phortse Tanga near the Dudh Koshi river.

Meals included: Breakfast, lunch, and dinner

#### **Day 07: Trek Phortse Thanga to Machhermo (4,470 m), walking 4-5 hours**

Today, you will walk From Phortse Thanga; it goes uphill to Machhermo. You will walk through a rhododendron forest and cross a waterfall before reaching Tongba Village. You continue uphill and walk through the village of Dole, Labarma, and Luza before reaching Machhermo. There is a choir just before the village of Luza.

During today's trip, you will hike along the Dudh Koshi River. Night stay in Machhermo.

Meals included: Breakfast, lunch, and dinner

### **Day 08: Trek Machhermo to Gokyo (4,800 m), 4-5 hours**

Today, after having breakfast, you start to walk a ridge to get an outstanding view of the valley to Kangtaiga and also mount Cho Oyu. The valley is now expanding as the path leads through Phangkha, where 40 people died in an avalanche in 1995. Then we descend to the river bank before climbing the end moraine of the Ngazumpa glacier on a steep path. The path crosses an iron bridge over a stream and, if it follows the valley, smoothens past the first lake, known as Longpongo, at 4,690 m. At this point, you have the opportunity to observe the Lama's footprints on a stone. When you see the second lake, Taboche Tsho, we were fascinated by the shimmering layer of turquoise-blue water that shines in the sun. Shortly before the second lake, we reached the third lake, to which we were both accompanied by a rising current. The city of Gokyo is located next to the third lake and the Cho Oyu Mountain as a backdrop, which offers an incredibly spectacular view here. After having lunch, you will explore the third lake, Dudh Pokhari. Night stay in Gokyo.

Meals included: Breakfast, lunch, and dinner

### **Day 09: Gokyo Valley: acclimatization day - Trek to Gokyo Ri walking, 3 - 4 hours**

In the morning, we walk to Gokyo Ri, a small peak above the Gokyo village, and enjoy the fantastic view of the entire Khumbu region. As it ascends, the views get even more exotic, and we can see four of the seven highest peaks in Nepal, Cho Oyu, Everest, Lhotse, and Makalu. When we reached the fourth lake, Thonak Tsho, we enjoyed the calm beauty of the lake. Then we walk back to the third lake. If time permits and depending on our physical conditions, you can make a new trek to the fifth lake, Ngozumba Tsho. From here, you will see the fascinating view of the Ngozumba Glacier, which is the longest glacier in the Himalayas. Night stay in Gokyo.

Meals included: breakfast lunch dinner

**Day 10: Trek Gokyo to Thagnak (4750 m), walking 4-5 hours**

If we didn't go up to Gokyo Ri the day before, you could do it today. Climbing the Gokyo Ri is challenging, as it is steep and takes around 3-4 hours to reach the top. But the scenery of the Gokyo village on the edge of the third lake with a view of Cholatse and the vast Norgzumpa glacier is excellent. You will be surrounded by snow-capped mountains such as Everest, Thamserku, Kusum Kanguru, Kangtega, Cholatse, Taboche, Makalu, Lhotse, Nuptse, Changtse, and Pumori. The sight of the rays of the sun kissing Everest and raising above all the surrounding peaks is incredible. We hiked down the Ngazumpa glacier to the mountain on the other side. Then, cross the edge of this mountain and then head to Thagnak. Today will be a short walk with a restful afternoon that will prepare us for long days of walking and altitude differences.

Meals included: Breakfast, lunch, and dinner

**Day 11: Trek Thagnak to Cho La Pass (5,367m) to Dzongla, walking 7-8 hours**

Today will be one of the most challenging and long walks of the Trek. The Cho La Pass itself is not difficult, but it is steep and includes a glacier crossing on the east side. We have to be careful because the path is vertical, and smooth ice rocks can cause problems by making the trail slippery. The road from Phedi leads through a gorge and a rocky path. As we walk along the side of a frozen lake, we reach the top of the pass, which is decorated with prayer flags. The pyramid-shaped Ama Dablam presides over a series of mountains, while Cholatse in the west and Lobuche in the east and Baruntse rise to our right. We have to go through some cracks before we reach the town of Dzongla. The village offers you a great views of Cholatse, Lobuche, Ama Dablam, and the Pheriche village far below.

Meals included: Breakfast lunch and dinner

**Day 12: Dzongla to Lobuche (4940 m), 2-3 hours**

It will be a short walk, so we have plenty of time to relax and enjoy the beauty that surrounds us. We descend from Dzongla and walk along a grassy path while

enjoying the view of Lobuche Peak. The road turns through the full river bed before reaching Lobuche. We can spend the rest of the day resting to prepare for the long walk the next day. Night stay in Lobuche.

Meals included: Breakfast, lunch, and dinner

### **Day 13: Lobuche to Gorak Shep, visit Everest base camp 6-7 walking hours**

We make our way to Everest base camp through the vast Gorak Shep Lake. In a straight line, we find the monuments of the Indian mountaineers. The path from here can be tricky; therefore, you must follow your Sherpa diligently. The hike is strenuous due to high altitude air shortages. You will pass rocky dunes, moraines, and streams before getting Everest base camp. When you reach Everest base camp, you can see mountain tents that stand out in bright colors against the monotony of the gray setting, especially in spring. From Everest base camp, you can see Mount Nuptse, Khumbuste, Pumori, and many other mountains. You will return to Gorak Shep for a night stay. Overnight at Gorak Shep.

The sunset view from Kala Patthar, however, is more admirable than the sunrise view. Therefore, it is recommended to visit Kala Patthar during sunset today. When the rays of the setting sun hit the snowy mountains, the resulting scenery is incredible. If you would like to go to Kala Patthar today instead of the next morning, please inform your trekking guide will coordinate accordingly.

Meals included: Breakfast, lunch, and dinner

### **Day 14: Gorak Shep to Kala Patthar (5,545m) to Pheriche: walking 7-8 hours**

We are preparing for an early morning departure, in the dark before sunrise and in cold temperatures (-10 to -14 ° C). There is also always the possibility of severe winds, which frequently occur Peaks known as Lingtren, Khumbutse, and Changtse rise to the east as Everest is revealed. Still, when we get to Kala Patthar, we can get a 360-degree view of the mountain up close Everest. We take photos, enjoy the beautiful panorama of the mountains, and then return to Lobuche for a good night's sleep. Night stay in Lobuche.

Meals included: Breakfast, lunch, and dinner

### **Day 15: Trek Pheriche to Namche Bazar: walking 6-7 hours**

We walk along the slope covered by rhododendrons and junipers. After crossing the bridge over the Dudh Koshi river decorated with prayer flags, our path follows the Dudh Koshi gorge, which quickly descends through pine forests. In the jungle, you can find colorful pheasants and mountain goats. Finally, the trail reaches Sansa, from where you can enjoy the view of the Mount Thamserku, Ama Dablam, and Nuptse mountains. You also pass winding roads and then through a forest before arriving at Namche Bazaar. You will spend the night at standard lodge in Namche Bazaar.

Meals included: Breakfast, lunch, and dinner

### **Day 16: Trek Namche Bazar to Lukla (2,860 m), walking 6-7 hours**

The path descends steeply, so we must be careful because our trembling legs continuously fight against the rocky terrain. After crossing the suspension bridges over Dudh Koshi and tributaries, the road becomes flatter and more natural. After you arrive in Lukla, we stretch these aching legs and recall the experiences of the past few days. Night stay in Lukla.

Meals included: Breakfast, lunch, and dinner

### **Day 17: Flight to Kathmandu**

After our long trip to the mountain, we took a flight to Kathmandu in the early morning. After arriving in Kathmandu, we can rest or buy souvenirs. If you want to explore other areas of Kathmandu, you can do it today. Our guides will help you both with the purchase of memories and with the tourist visits. Night stay at hotel in Kathmandu.

Meals included: Breakfast

### **Day 18: Final departure**

Your trekking tour in Nepal comes to an end today. A representative from our agency will take you to the airport approximately 3 hours before your scheduled flight.



Meals included: Breakfast

### **Included in the cost**

- ❖ Necessary Pick up and drop off at the Kathmandu airport in a private vehicle
- ❖ Three-star deluxe Accommodation in Kathmandu with breakfast
- ❖ tea house Accommodation during the Trek
- ❖ During the trek, three meals including Breakfast, lunch, and dinner
- ❖ All ground transportation with a comfortable vehicle according to the travel Itinerary
- ❖ Domestic flights fare (Kathmandu-Lukla-Kathmandu)
- ❖ Guided city sightseeing tour in Kathmandu valley by private vehicle
- ❖ Entry Tickets for visits to monuments according to the itinerary
- ❖ An experienced, English speaking, state-licensed trekking guide.
- ❖ Porter for caring Luggage (2 hikers: 1 doorman)
- ❖ Salary, insurance, equipment, flight, meals, and accommodation for staff.
- ❖ All necessary documentation and trekking permits (National Park Permit, TIMS)
- ❖ Government and local taxes

### **Not included in the cost**

- ❖ Nepal entry visa fee
- ❖ excess baggage fee (s)
- ❖ Additional overnight in Kathmandu due to early arrival, late departure than planned
- ❖ Lunch and dinner in Kathmandu
- ❖ International flights fare
- ❖ Travel and rescue insurance
- ❖ Personal expenses (phone calls, laundry, cash bills, battery charge, additional luggage rack, bottle or boiled water, shower, etc.)
- ❖ Tips for guides, porters, and drivers.

### **Important note**

Your safety is of the utmost importance when you travel with us. Please note that your hiking guide is authorized to change or cancel part of the route if this is deemed necessary for safety reasons. Every effort is made to comply with the above itinerary. However, since this trip involves in remote mountainous area, we cannot guarantee that we will not deviate from it. Weather conditions, the health of group members, unexpected natural disasters, etc. can contribute to changes in the itinerary. The leader will try to make sure the trip goes according to plan. However, be prepared to be flexible if necessary.

Flight from Kathmandu to Lukla to Kathmandu could be delayed for a few hours or sometime can be canceled due to critical weather conditions. Such conditions can occur even in the best seasons. In such cases, you should be prepared to wait a long time at Kathmandu or Lukla airports, as this can happen at the start or end of the Trek, or both. We will do our best to avoid such delays and organize the next flight for you. We also organize the rescue of helicopters in such conditions, if they are available and requested by yours. We recommend that you bring some additional buffer days (1-2 days) at the end of the trip to account for such delays.

If flight delay/cancellation after the end of the Trek, you are responsible for all costs. Also note that you are not entitled to a refund for the services included in the package (such as hotel, transportation, flight, etc.) that you would not use later.

### **Food and accommodation**

During the Nepal trip, you will stay in a three-star hotel in Kathmandu and the tea houses. All accommodation in shared double/twin. A single supplement is served on request and costs an additional \$ 500. In teahouses, however, there are only shared washing and toilet facilities in some places. Also note that single rooms in Kathmandu and hiking regions are readily available at lower altitudes, but it can be challenging to find them at higher elevations.

During your trip, you can enjoy authentic Nepalese food, as well as more general international cuisine (Tibetan, Continental, Italian, Indian, etc.). Breakfast and dinner are served in the tea house or on the hotel menu, where we spend the

night while lunch is served on the way to the next destination. All meals are offered during the Trek, while breakfast is only provided in Kathmandu.

### **Trekking guide (s) and other crew arrangements**

The most important thing that makes this hike enjoyable and unforgettable are the experienced, polite, and helpful guides and crew who can make your days on the mountain go smoothly. The best and most professional leaders lead our trip. All employees are carefully selected based on their experience, leadership skills, and personal skills. To preserve local communities, we only employ local people who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of your local region (s).

### **Travel insurance**

Travel insurance for any itinerary of our company is a condition for booking vacations. You must have at least emergency and repatriation insurance, which must include the cost of the mountain rescue. Carefully read the terms and conditions of your insurers, in particular, you must ensure that the following are covered: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached on trekking 3) evacuation of the helicopter in case of emergency. It is essential to understand that you will bear the cost of the evacuation and return procedures and that it is your responsibility to pay for the evacuation or medical treatment. You must be fully aware of the effects of your travel insurance and understand the limitations and exclusions of the policy. Please note that our company guide may, under certain circumstances, initiate helicopter rescue (or other necessary) operations in medical emergencies without first seeking approval from your insurance company.

### **Physical fitness and experience requirements**

Gokyo Chola Pass Trek is a moderate hike. You need to walk 5 to 6 hours every day with a light backpack. The hike is relatively easy for those who are used to walking at higher altitudes. We kindly request you to jog and exercise frequently at least a few months before the start of your trip. Previous hiking experience would be a bonus, but no technical knowledge is required for this trip. It is also

vital that you consult with your doctor before booking the Trek. Participants with existing diseases such as heart, lung, and blood diseases must also inform us before booking the walk.

### **Best travel time**

We can do Gokyo Chola pass Trek in autumn (September to November) and spring (March to May). In this time, you can get clear sky and excellent view. Especially during the spring season, we can also enjoy lush vegetation in the lower regions of the trail.