Everest Gokyo Cho La Pass Trek

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Trip Style: Trekking and Tour

Transport: Private Vehicle / Aeroplane

Food: Breakfast+Lunch+Dinner

Accommodation: Lodge to lodge

Group Size: min 1

Max Elevation: 5545

The Everest Gokyo Cho La Pass Trek is an exciting 15-day hike. This trek combines the traditional Everest Base Camp Trek with the beautiful Gokyo Lakes and the challenging Cho La Pass. It is a unique opportunity to experience the natural beauty and culture of the Everest region. It's a dream trek for adventurers from all over the world.

It starts with a stunning flight from Kathmandu to Lukla. From Lukla, the trek takes you through beautiful Sherpa villages, dense forests, and dramatic landscapes. After that, an easy ascent to Namche Bazaar, the gateway to Everest. Here, you can acclimatize while experiencing the local Sherpa culture.

From Namche, you start your journey toward Everest Base Camp. During your trek, you will pass the Khumbu Glacier, the largest glacier in the Himalayas. You will also get to see an unforgettable sunrise view over Everest at Kala Patthar. This moment leaves trekkers in awe.

The trek also includes the adventurous Cho La Pass (5,420 meters). This high-altitude pass is challenging but incredibly rewarding. When you cross Cho La Pass, it becomes the

highlight of your journey. The experience leaves you with a sense of accomplishment. Another highlight of the trek is the peaceful and beautiful Gokyo Lakes. These bright green mountain lakes, surrounded by big peaks, are a sight to behold. Plus, taking a small detour to Gokyo Ri offers a stunning 360-degree panorama of Everest, Lhotse, Makalu, and Cho Oyu. These four mountains are among the world's highest peaks above 8000 m. The trek through the Ngozumpa Glacier adds another layer of excitement to this already breathtaking adventure.

Throughout your trekking journey, you will experience the warm hospitality of the Sherpa people and get to explore their rich traditions. In addition, you will visit the beautiful Khumbu region. Here you will see colorful monasteries, prayer flags, and the feeling of spirituality in the air.

The best time to take this trek is during spring (March–May) or autumn (September–November). During spring and autumn, the weather is clear and the landscapes are at their most vibrant.

By the end of this remarkable journey, you will have walked through some of the world's most stunning landscapes. You will also have crossed a challenging high-altitude pass. In the end, you are left with memories that will last your lifetime. This trek is more than just a hike, it's an adventure that redefines the way you see nature and yourself.

Highlights

Everest Gokyo Cho La Pass Trek Highlights

? Begin your trip with a memorable flight that provides beautiful views of the Himalayan mountains.

? Hike to Kala Patthar for amazing views of Everest, Lhotse, and the Khumbu Glacier.

? Visit the lovely Gokyo Lake trek by the Ngozumpa Glacier, the longest glacier in the Himalayas.

? Witness the panoramic views of the majestic Himalayan peaks when crossing the Cho La Pass (5,420m).

? Hike to Gokyo Ri, a perfect viewpoint to see Everest, Cho Oyu, Lhotse, and Makalu.

Day to Day Itinerary

Day 01: Fly to Lukla (2804 meters) Trek to Phakding (2610 meters) 3 hours.

Day 02: Trek to Namche Bazaar (3441 meters) 6 hours.

Day 03: Namche Bazaar Acclimatization Day.

Day 04: Trek to Phortse Thanga (3680 meters) 5 hours.

Day 05: Trek to Machherma (4470 meters). 5 hours.

Day 06: Trek to Gokyo (4790 meters) 6 hours.

Day 07: Trek to Gokyo Ri (5483 meters) and then Back to Gokyo. 5 hours.

Day 08: Trek to Thangna (4500 meters) 4 hours.

Day 09: Cross Cho La pass (5300 meters) and trek to Dzongla (4710 meters) in 7 hours.

Day 10: Trek to Lobuche (4910 meters). 4 hours.

Day 11: Trek to Everest Base Camp (5365 meters), then back to Gorak Shep. 7 hours.

Day 12: Hike up to Kalapattar (5555 meters) early in the morning, then trek down to Periche (4200 meters). 7 hours.

Day 13: Trek to Namche Bazaar (3441 meters) 6 hours

Day 14: Trek to Lukla (2804 meters) 6 hours.

Day 15: Flight back to Kathmandu. Rest Day in Kathmandu.

Cost Includes

Accommodation

- Best available twin-sharing guesthouse accommodation during the trek for 14 nights in the Everest Region.

Meals & Drinking Water

- Full board standard meals during the trek (Breakfasts, Lunches, and Dinners) including one hot drink.
- Seasonal fruits in the evening on a trek.
- Cultural dinner at Nepali Restaurant after trekking.

Transportation

- Kathmandu Domestic Airport pick-up and drop-off on a private vehicle as per your arrival date and time.
- Round-trip Flight ticket between Kathmandu and Lukla (March to May and September to November) and Manthali and Lukla(December to February and June to August).
- Transport between Kathmandu and Manthali by shared tourist vehicle.

Guide and Staff

- Experienced, first-aid trained, government licensed, English speaking, and locally recruited Nepal Hiking Treks' trekking guide for 15 days (2 guides for group sizes of more than 7 people).
- Porter to carry your luggage during the trek (1 porter for every 2 clients, carries 26 kgs and porter cum guide for solo trekker)
- Wages, accommodation, meals, gear, insurance, and medications for all staff.

Trek Permits

- Sagarmatha (Everest) National Park Permit Fee.
- Pasang Lhamu Rural Municipality fee.
- Trekkers' Information Management System (TIMS) card.

NHT benefits

- First aid /kit bag with oxygen meters, trekking map.
- Trip completion certificate by Nepal Hiking Trek.

Administrative & Taxes

- Domestic Airport tax.
- All our administrative expenses and government taxes.

Cost Excludes

- International flight fare and Nepal Entry Visa fee.
- Accommodation in Kathmandu.
- Travel insurance for both medical and high-altitude emergency evacuation coverage.
- Snacks and any beverages including bottled and boiled water.
- Tips and gratitude to the trekking staff and driver.
- Personal trekking gear and equipment, as well as personal expenses.
- Any other expenses that are not mentioned in the Price Includes section.