



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@sherpakhangri.com

Everest Base Camp Trek with Gokyo Lake via Chola Pass 17 Nights 18 Days



Overview

Everest Base Camp trek is one of the most famous and visited trekking in Nepal. It is well known for highest peak of the world Mt. Everest, panoramic ranges, natural beauty and culture. Mt. Everest, Mt. Lhotse, Mt. Makalu, Mt. Cho-Oyu Mt. Pumori, Mt. Nuptse, Mt. Thamserku, and Mt. Ama Dablam are some of the notable peaks seen on the way to EBC. The majority of people are from indigenous community of Sherpa. They are well known for the high altitude mountaineers. They have distinct culture and tradition that are influenced by Buddhist (Mahayana) religion.

Highlights of the trip

- Great mountains 360 degree view
- Mountain vistas, Sacred Lakes of Gokyo valley, Gokyo Ri, beautiful River valleys, glaciers, crossing strenuous Chola pass.



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@shepakhangri.com

- Trekking upto the highest altitude Kalapatthar 5545 m.
- Notable peaks view of Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Makalu, Mt. Choyu, Mt. Pumori, Mt. Thamserku and Mt. AmaDablam .
- Sherpa culture and lifestyle
- Visit to highest altitude and old century monastery

Everest base camp trek with Gokyo lake via Chola Pass is the combination of two of the best places of the Everest Region. We take a clockwise trek visit from Namche bazaar to Gokyo then highest point Gokyo Ri via Cho La Pass.(5420 m). Gokyo Peak is a 5,357 m-high peak in the Khumbu region of the Nepal Himalayas. It is located on the west side of the Ngozumpa glacier, which is the largest glacier in Nepal and reputed to be the largest in the whole Himalayas. Cho La Pass crossing is strenuous with a lot of fixed ropes and guiding poles. On bad weather its very difficult to pass. So proper planning with experience guide is needed with some level of physical fitness and proper gear is essential.

Info

Activity: Trekking | Duration: 18 Days | Grade: Strenuous | Highest Alt: 5545 m.

Trek Type: Hotel / Lodge & Tea house Trek | Best Season: Mar-April-May / Oct-Nov-Mid Dec

Day 01: Arrival in Kathmandu (1400 m)

Arrival in Kathmandu International airport . Our office representative will welcome with Nepali tradition with garland or khadas then transfer to hotel. Hang around Thamel- a touristic hub on availability of time. Short briefing in evening with welcome dinner by Guide or office representative. Back to hotel and overnight.

Meal: Dinner

Accommodation: Hotel

Day 02: Preparation Day in Kathmandu.



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@shepakhangri.com

Today after breakfast we have free time for shopping & buying trekking gears. You can discuss with our Guide or Staff from our office. They will arrange time & assist you for shopping. Thamel has many Outdoor shops from Local brands to high branded.

Overnight.

Meal: Breakfast

Accommodation: Hotel

Day 03. Kathmandu to Ramechhap 5 hours –Fly Lukla 15 mins -Phakding (2652 m).

Early morning, we will take a jeep ride to Ramechhap airport about 5 hours & board flight to Lukla. Since Kathmandu airport is very small & be busy in high season of Lukla flights. Reach Lukla we will meet our Supporting staff Porter brothers then start trekking towards Phakding. Its an easy downhill walk of 3-4 hours. Reach Phakding, rest and overnight .

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 04: Phakding to Namche Bazaar (3440 m/7 hours)

Today after breakfast the trail runs alongside DudhKoshi River crossing through pine and oak forest. We will cross several suspension bridge same river flown from Himalayas. We will be entering Sagarmatha National Park where our permits are checked by appointed Nepal government Military officer along our trekking bags. We then cross one of the famous suspension bridge- The Hillary bridge. After crossing we then get to see first glimpse of 'Mount Everest' on this day if the weather is pleasant. Reach Namche bazaar after 7 hours, the surrounding attracts us with joy . Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 05: Namche Bazaar- Acclimatization day.

Today after breakfast we do short hiking to Everest View Hotel & back to Namche.

Acclimatization is an important part of any trip to altitude. It helps body to adjust and



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@shepakhangri.com

rejuvenate to the environment. Namche Bazaar is interesting place to take rest. It is known as Sherpa Capital. You can see culture, and lifestyle of local here. You can visit museum to understand Sherpa community. You can explore local market. Modern amenities like ATM, Internet Café, Shops, restaurants, bakery etc. are available to enjoy.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 06. Trek from Namche Bazaar to Dole (4, 110m) 5-6 hrs.

After breakfast we start our trail to Dole. The trail continues with wide and scenic beautiful trail to Kyanjuma village. The trail passes with rocky mountain high above the gorge of Dudhkoshi river with scenic view of Mt. Thamserku, Kongde, Ama Dablam, Lhotse and Everest. From here the trail divides into direction: one goes to Everest base camp and other to Gokyo lake passing Mong La pass. Then with descend into Khumbila to Phortse valley with green pastures along trail reaches Dole about 7-8 hours. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 07. Trek from Dole to Machhermo (4410m) 5-6 hrs.

From Dole you climb steadily through Lhabarma and Luza valley. The trail is highly scenic and beautiful. You could smell the fragrance of scrub junipers along the trail. The trail continues to Machhermo with stunning view of Mt. Thaserku. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 08. Trek from Machhermo to Gokyo (4, 800m) 4-5hrs

After breakfast the trail ascent to a scenic ridge with view of Kangtega. It later goes down to the riverbank of Dudhkoshi. From here it becomes steeper and climb of Ngozumpa Glacier. From here there is first Gokyo Lake Ahead there is a pastoral landscape with some small shepherds. Gokyo is a small settlement village shore to beautiful Gokyo Lake and Dudh Pokhari. From here Ngozumpa glacier is visible. Rest and overnight.



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@shepakhangri.com

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 09. Hike to Gokyo RI (5,330m) 4-5 hrs.

Early in the morning with the help of head torch light we start our trail towards the Gokyo-Ri, (view point and Sun rise point). We try our best to reach the peak before sun rise. Stunning view of some the 8000 meters peaks like Mt.Everest, Lhotse and Makalu slowly come into sight and the view from the summit of Gokyo-Ri itself is one of the finest to behold in the Everest region. Return back to Gokyo and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 10. Trek to Thangnak (4700m) 3-4 hrs.

After breakfast we walk slowly trail to Thangnak. The trail is short in distance. With views of Mt. Everest, Lhotse, Cho Oyu and Makalu we descend with incredible view of Ngozumpa glacier. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 11. Thangnak to Dzongla (4830m) 7-8 hrs - cross Cho-la Pass (5, 420m.)

Today is the toughest day and we need to start early (4-6 am) compared to other days on the trip. Enroute we need to cross Cho La Pass 5420 meter. The pass is not itself difficult but it is steep filled with boulders and involves a glacier traverse on the eastern side. Our trail climbs through a ravine and a rocky slippery icy trail we climb up continuously. At tiop of Cho- La pass lies colorful prayer flags waving in the rhythm of wind blow.

Amazing view of Mt. Ama Dablam is visible. The trail slowly descend to Dzongla with views of Mt. Ama Dablam, Cholatse, Lobuche and Pheriche. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 12. Dzongla to Lobuche (4910m) 4-5 hrs



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@shepakhangri.com

The trail from Dzongla to Lobuche is an easy one. From Dzongla, the trail ascends slightly to the footsteps of peak Awi. From there, the short descent through beautiful vistas of Mt. Cholatse and Tawache goes ahead towards Lobuche. Lobuche peak appears more clear and beautiful. The splendid trail finally reaches Lobuche. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 13. Lobuche to Gorakshep - Everest Base Camp (5,364m.) then return to Gorakshep (5,140m.) 6-7 hrs.

It's a long day walk but gives us boost energize to be at base camp. After breakfast we slowly head ahead rocky trail with terrain landscape up and down . We then reach by 3 hours to Gorakshep. Place our baggages and with lunch we head next 2 hours to Base camp. From EBC we can view 360 degree view of ranges including Mt. Everest. But only part of Everest can be seen behind western shoulder. Amazing view of Khumbu icefall, Khumbu glacier, Mt. Nuptse, Pumori, Khumbutse makes experience worthy to travel . This view of once inlife time experience give ambience of memory capture and we return back to GorakShep . Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 14: GorakShep to Kala Patthar (5545 m) and Periche (4371 m) 8 - 9 hours.

Kala Patthar is highest point in whole trip. To view the real top Everest summit peak ,it is recommended to start early for sunrise view. A trail of uphill about 2 hours at the top of Kala patthar, we can view 360 degree view of mountain range. Mt. Everest, Mt. Nuptse, Mt. Lhotse, Ama Dablam, Thamserku, Pumori, and many more. This is the moment we live in for and our whole trek . After we return back take breakfast and descend back to Periche about 7-8 hours. Rest completely and overnight .

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@sherpakhangri.com

Day 15: Periche to Namche 6-7 hours.

We descend our trek back to Namche after breakfast. It will be long walk but easy walk because coming down is easier. In Namche there are many good restaurant , pubs & coffee shops. One can enjoy. Overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 16: Namche Bazaar to Lukla 7-8 hours.

Namche to Lukla is long & tiring day but exciting day. Today is the last day of the Trek. Tonight we will have gratuity dinner with our supporting staff porter brothers , thanking them for their service with some tips from our guests. Overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 17: Fly back from Lukla to Ramechhap. Drive back to Kathmandu.

Finally we fly back to Ramechhap with good and loving memories. Then later drive back to Kathmandu and transfer to hotel .In evening, farewell dinner with cultural dance will be arranged to celebrate the trip.

Meals: Breakfast and Dinner.

Accommodation: Hotel

Day 18: Departure.

After breakfast timely transfer to International airport for your onward journey.

Meals: Breakfast

Cost includes

1. Pickups & Drop according to itinerary.
2. Welcome and farewell dinners in Kathmandu.
3. 3 nights Hotel Accommodation in Kathmandu on BB plan.
4. Transportation to and from Ramechhap Airport.
5. National park & Necessary Permits.
6. Domestic flights Ramechhap-Lukla-Ramechhap.
7. Meal during Trekking (Breakfast, Lunch & Dinner).



Sherpa Khangri Outdoor

Web: www.sherpakhangri.com

Email: info@sherpakhangri.com

8. Tea House accommodation during Trekking.
9. Experience Trekking Guide
10. Porter Service 2:1
11. Staff Insurance and Salary.
12. Medical kit.
13. Travel and rescue arrangement only.

Cost Excludes

1. Nepalese visa fee.
2. International airfare to and from Kathmandu.
3. Extra night accommodation in Kathmandu.
4. Meal in Kathmandu.
5. Travel and rescue/heli insurance (recommended)
6. Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, shower, heater, internet access wifi etc.).
7. Personal trekking gears.
8. Personal guide or porter if needed.
9. Trips and sightseeing if extended.
10. Gratuity for guides and porters.