The Cho La Challenge: Trekking Through the Himalayan Heights

Your journey commences with a scenic mountain flight from Kathmandu to Lukla, which sets the stage for the adventure that lies ahead. After acclimatisation in Namche, you'll have the opportunity to immerse yourself in the colourful Sherpa culture and savour authentic Sherpa cuisine. As you continue your journey, you'll come across Thyangboche Monastery, the largest Buddhist gompa in the Everest region. The breathtaking splendour of Mt. Ama Dablam (6856m) will make an indelible impression on your journey.Following the traditional route up to Lobuche, your path will diverge towards the daunting Cho La Pass, one of the highest and most arduous Himalayan passes. The pass provides a spectacular view of Mt. Everest, Lhotse, Lhotse Sar, Cho Oyu, Cholatse, and others.

Descending from Cho La Pass, you'll arrive at the serene and enchanting Gokyo Lake (5357 metres). Consider ascending Gokyo Ri (5487m) for even more spectacular views before heading to Kala Patthar.The climb to Kala Patthar takes around three hours and rewards you with breathtaking close-up views of Everest, Lhotse, Makalu, Thamserku, Ama Dablam, Baruntse, Lhotse Shar, Kantega, Kwangde, Mt. Nuptse, and a slew of other magnificent peaks. From there, your trail leads to Everest Base Camp, which requires some glacier walking and provides a breathtaking perspective of Everest's formidable south face.

Throughout your journey, you'll pass through the beautiful Sagarmatha National Park, home to endangered wildlife like Snow Leopard, Red Panda, Himalayan Black Bear, Himalayan Thar, Himalayan Monal, and Blood Pheasant.

Duration: 18 days

Price: $1699

Rating: 5 Star

Group Size: 02

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region

Equiment Lists:

Recommended Gear for Trekking in Challenging Terrain

Footwear:

- Well-Broken-In Walking Shoes
- Thick Socks
- Light Socks
- Camp Shoes (for resting at the end of the day)

Clothing:

- Down or Fiber-Filled Waterproof Jacket
- Waterproof Trousers

- Sweater or Fleece Jacket
- Underwear
- Warm Cotton Trousers or Jeans
- Shirts and T-Shirts
- Shorts
- Long Underwear
- Wool Hat
- Sun Hat
- Gloves
- Bathing Suit (useful for river crossings or hot springs)
- Tracksuit (for comfort and relaxation in the evenings)

Other Equipment:

- Sleeping Bag (4 Seasons)
- Trekking Holdall or Stash Sack with Lock (for storing your gear)
- Daypack (for carrying essentials during the trek)
- Water Bottle
- Sun Cream
- Sunglasses
- Flashlight with Spare Bulbs and Batteries
- Lip Salve

Other Items:

- Insect Repellent
- Toilet Articles
- Diary (to capture your trekking memories)
- Toilet Roll
- Laundry Soap (for hand washing clothes during the trek)
- Wet Wipes (for personal hygiene)
- Pocket Knife
- Tie Cord (useful for securing gear)
- Towel
- Sewing Kit
- Plasters (for minor injuries)
- Binoculars
- Camera
- Film (if not using a digital camera)
- Playing Cards (for entertainment)
- Personal Medical Kit (including essential medications and first aid supplies)

Itinerary:

Day 01: Arrival in Kathmandu

Arrive at Tribhuvan International Airport and receive a warm welcome from our representative. Transfer to your hotel. Enjoy an authentic Nepali dinner at a local restaurant in the evening.

Day 02: Flight to Lukla, Trek to Phakding (2610m) - 3-4 hours

Catch a 35-minute scenic flight to Lukla, the gateway to the Everest region. Meet your porters and start your trek to Phakding. Enjoy a gradual downhill walk, passing the Edmund Hillary school and admiring the Kusum Kanguru mountains. Lunch in Thado Koshi, then continue to Phakding.

Day 03: Phakding to Namche Bazaar (3440m) - 5-6 hours

Cross suspension bridges and hike through Bankar, enjoying waterfalls and views of Thamserku. Reach Manju, the entrance to Sagarmatha National Park. Lunch in Jorsalle, then follow the

Khumbu valley. Cross five bridges and eventually reach Namche Bazaar.

Day 04: Acclimatization Day in Namche Bazaar

After breakfast, hike to the viewpoint behind the Sagarmatha National Park headquarters. Marvel at panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, and more. Visit the Sherpa Cultural Centre and observe Everest ascent documentaries. Hike to the Everest View Hotel via Syangboche Airport for tea with a view.

Day 5: Namche Bazaar to Dole (4200m) - 5-6 hours

After breakfast, enjoy a relatively easy walk through scenic terrain. Reach Kyanjuma for a tea break with Himalayan views. Spot mountain goats as you head towards Mong Danda and Phortse Tenga for lunch. Continue through beautiful forests to Dole.

Day 06: Dole to Machhermo (4470m) - 5-6 hours

Trek through rugged terrain with stunning views of Mt. Cho Oyu. Pass through Kele, Lhabarma, and Luza before reaching Machhermo. Lunch in Machhermo, visit the Himalayan rescue post and learn about Acute Mountain Sickness (AMS).

Day 7: Machhermo to Gokyo Valley (4790m) - 5-6 hours

Follow the River valley through alpine meadows, past the first and second Lakes. Reach Gokyo Valley, located at 4790 meters beside the third Lake. Explore the picturesque Gokyo region with its five Lakes.

Day 8: Hike to Gokyo RI (5360m)

Spend the day acclimatizing and hiking to Gokyo RI. Enjoy breathtaking views of Ngozumba Glacier, Everest's five Lakes, and the entire Everest Himalayan range. Descend to Gokyo Valley for the night.

Day 9: Gokyo to Dragnag (4700m) - 5-6 hours

Begin your trek by walking up a ridge, then descending and crossing rocky glaciers. Continue through a rugged landscape to reach Dragnag.

Day 10: Cross the Cho-La Pass, Trek to Dzongla (4830m) - 8-9 hours

Start early and climb steeply to reach the challenging Cho-La Pass. Enjoy panoramic views of Ama Dablam and Cholatse. Descend through rocky trails to reach Dzongla.

Day 11: Dzongla to Lobuche (4930m) - 5-6 hours

Trek down to Lobuche Kharka, passing by tombstones. Gradually ascend to Lobuche while enjoying the stunning scenery. Join the traditional trail to Everest Base Camp.

Day 12: Lobuche to Gorak Shep - Everest Base Camp (5364m) - Gorak Shep - 8-9 hours

Traverse a rugged trail along the Khumbu glacier, passing the Italian Research Center and Lobuche Pass. Reach Gorakshep and continue to Everest Base Camp. Marvel at the views of Pumori, Nuptse, and other mountains. Return to Gorakshep for the night.

Day 13: Hike to Kala Patthar (5545m), back to Pheriche - 8-9 hours

Early morning hike to Kala Patthar, offering breathtaking views of the Everest range during sunrise. Descend to Gorakshep for breakfast and trek all the way down to Pheriche.

Day 14: Pheriche to Namche Bazaar - 5-6 hours

Trek down to Namche Bazaar via Pangboche and Phunki Tenga. Enjoy magnificent Himalayan views and lush forests.

Day 15: Namche Bazaar to Lukla - 5-6 hours

Trek down from Namche Bazaar, passing waterfalls and Sherpa villages. Cross Phakding and reach Lukla for your last night of trekking.

Day 16: Fly back to Kathmandu

Take a scenic flight from Lukla back to Kathmandu, enjoying views of Everest. Transfer to your hotel and spend the day shopping or relaxing.

Day 17: Bhaktapur City Sightseeing

Visit the traditional and traffic-free town of Bhaktapur. Explore medieval squares, courtyards, and temples in this vibrant town.

Day 18: Final Departure

Enjoy some free time or last-minute shopping for souvenirs.
Transfer to Tribhuvan International Airport for your departure flight or onward journey.

Highlights:

- Trek to popular attractions such as Gokyo Lake, Everest Base Camp, and Kala Patthar.
- Conquer Cho La Pass, one of the highest passes in the Himalayas (5420 metres).
- Ascend Gokyo Ri for panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Cho Oyu, Makalu, and other peaks.
- Immerse yourself in the rich Sherpa culture and savor Sherpa cuisine.
- Experience an exciting mountain flight from Kathmandu to Lukla.

Cost Include:

- International and Domestic airport pick up and drop off
- Accommodation in Kathmandu at Hotel Blue Horizen
- Flight to and from Lukla
- Accommodation and 3 meals whilst on the trek
- English speaking a Guide
- Sagarmatha National Park Permit
- TIMS CARD
- Pasang Lhamu Village municipal fee

Cost exclude:

- International Flight and Nepal Entry Visa Fees
- Items of personal nature ie. Soft/hard drinks, tips etc.
- Travel Insurance (this is a mandatory condition of booking)
- Personal spending money
- Sleeping bag Down jacket
- Tips