Cho-La - Gokyo Lake - EBC Trekking



The Cho-la Pass Trekking to Gokyo Lake and Everest Base Camp takes you into the heart of the mountains and the culture of the Everest region to the foot of the great peak itself. This adventure combines the two routes to Gokyo and Base Camp by crossing Ngozumpa Glacier and Cho-la Pass. Enjoy the breathtaking views of Everest including several other similar peaks and explore the Buddhists monasteries located at the worlds highest elevation.

Fast Fact	
Trek Days	11
Total Days in Nepal	20
Maximum Elevation	5545 meters
Trek Grade	Difficult
Accommodation	Lodge / Camping

Duration: 20 days

Price: $1900

Rating: 3 Star

Grade: Challenging

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region

Itinerary:

Day 1: Arrive in Kathmandu

Arrive in Kathmandu, transfer to hotel and welcome dinner in the evening.

Day 2: Sightseeing

Sightseeing in Kathmandu and preparation for the trek.

Day 3: Fly from Kathmandu

Fly from Kathmandu to Lukla (2800m) - 40 minutes and commence trek to Phakding (2600m) - 3h.

Day 4: Phakding - Namche Bazar

Phakding - Namche Bazaar (3450m) - 6h30.

Day 5: Acclimatization

Acclimatization day in Namche Bazaar.

Day 6: Namche Bazaar - Phortse Thanga

Namche Bazaar - Phortse Thanga (3680m) - 6 h.

Day 7: Phortse Thanga - Machhermo

Phortse Thanga - Machhermo (4470m) - 6h.

Day 8: Macchermo - Gokyo

Macchermo - Gokyo (4750m) - 5h.

Day 9: Rest day in Gokyo

Rest day in Gokyo. Ascent of Gokyo Ri (5483m).

Day 10: Gokyo - Dragnag

Gokyo - Dragnag (4700m) - 4h.

Day 11: Dragnag - Dzonghla

Dragnag - Dzonghla (4830m) via Cho-la Pass (5420m) - 6h.

Day 12: Dzonghla - Lobuche

Dzonghla - Lobuche (4930m) - 6h30.

Day 13: Lobuche - Gorakhshep

Lobuche - Gorakhshep (5200m) - 4h. Exploration to Everest Base Camp (5300m).

Day 14: Gorakhshep - Kalapattar

Gorakhshep - Kalapattar (5545m) - Lobuche - 6h30.

Day 15: Lobuche - Pangboche

Lobuche - Pangboche (3990m) - 5h.

Day 16: Pangboche - Namche Bazaar

Pangboche - Namche Bazaar - 6h.

Day 17: Pangboche - Namche Bazaar

Pangboche - Namche Bazaar - 6h.

Day 18: Lukla to Kathmandu.

Fly from Lukla to Kathmandu - 40 minutes.

Day 19: Farewell time

Free day and farewell dinner in the evening.

Day 20: Final departure

Depart to airport