Everest Base Camp, Nepal via Cho La Pass

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The trekking begins with a scenic mountain flight from Kathmandu to Lukla. You will stop over at Namche for acclimatization where you can appreciate Sherpa culture and try out Sherpa cuisine. A day's walk from Namche will reach you Thyangboche Monastery, the largest Buddhist gompas in the Everest region and a perfect location to watch the beautiful Mt. Ama Dablam (6856m). The trail follows the normal route up to Lobuche from where it swerves towards Dzong La.

Further ahead lies the Cho La pass, one of the highest and most challenging Himalayan passes, in the Himalaya. The Cho La pass provides excellent views of Mt. Everest, Lhotse, Lhotse Sar, Cho Oyu, Cholatse among others. Once you cross the Cho La pass you will drop down to impressive and beautiful Gokyo Lake (5357m). You may climb the peak of Gokyo Ri (5487m) as part of your side trip before you make your way to Kalapathar. The hike up to the summit of Kalapathar will take about 3 hours and provides superb close-up views of Everest, Lhotse, Makalu, Thamserku, Amadablam, Baruntse, Lhotse Shar, Kantega, Kwangde, Mt. Nuptse etc. Afterward, follow the trail to Everest Base Camp which involves a bit of glacier walking and affords a magnificent view of the south face of Everest.

Most of the trail passes through Sagarmatha National Park, home to many endangered animals such as Snow Leopard, Red Panda, Himalayan Black Bear, Himalayan Thar, Himalayan Monal, Blood Pheasant among others.

The best season for Everest Base Camp via Cho La pass trek is during Spring and Autumn since in winter the pass is covered with snow and the Gokyo lake freezes. Come join with Adventure Thirdpole Trek in this once in a lifetime trekking experience.

Duration: 20 days

Price: $1579

Rating: 4 Star

Group Size: Minimum Pax - 2

Grade: Challenging

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region

Itinerary:

Day 1: Arrive in Kathmandu, transfer to hotel

Day 2: Sightseeing in Kathmandu city & arranges trekking permit.

Optional Trip: Mountain Flight in the morning which start from 6:40 to till 7:40 Mountain flight will cost extra US$ 203/person will take you to show most of Nepal's and Tibet's mountains including Mt. Everest

Today you will have a morning guided tour of Boudhanath and Pashupatinath. Boudhanath is a great white half dome with the Eyes of Buddha painted on it and is one of the most famous cultural icons of Nepal. It is a site of very active worship and nowhere on earth will you encounter such a concentration of varied Buddhist activity. Not far away you will visit one of the holiest and venerated of all Hindu temples, Pashupatinath. Non-Hindus are not allowed inside the golden-roofed pagoda-style temple, but you can glimpse the great gold bull through the doorway. A great pilgrimage occurs here in February, attracting Hindu ascetics and devout worshippers from all areas of the Hindu world. Rhesus monkeys are everywhere around the grounds, riverside cremations are often taking place and there is always a colorful group of ascetic pilgrim visitors encamped in the general area. If time permits you will visit the Tibetan refugee center and Patan, another of the old Kingdoms of the Kathmandu Valley.

Day 3: Kathmandu to Lukla - (2850m)35-45 minutes flight.-Phakding 2640m - trek for 5 hours

After breakfast, we take a drive for 10 to 20 minutes to TIA and take 35- 45 minutes flight to Lukla. during the the flight you can see many mesmerizing moutain's profiles from west to east. . after off flight, you proceed to speak along the Sherpa village and natural beauty of Dudh Koshi river view, some mountain views, and landscapes of Pharak.

Day 4: Trek to Namche 3440 m 5hrs

We start our trek to Namche after breakfast from where we can seeing the beautiful scenery of Thamserku and Khumbu. After a walk of two and a half hour, you will reach Jorsalle where will check your trekking and entry permit of Sagarmatha nationalpark.your Lunch will thereby jorsalle. After Lunch you will head towards Namche . after one hrs walk you will cross the bridge in hight over Dudh Koshi and start climbing to Namche. Stay at the hotel and lodge.

Day 5: Acclimatizing in Namche

this day is for acclimatizing. During the day you can visit thame or Khunde Khumjung as side hike. And you can make your days more effective.

Day 6: Namche Bazar - Dole (4100m) - 7 hours

The trail descends to the Naktok Khola, passing through forests. The trail then continues to follow this river at a fairly constant easy gradient.

Day 7: Dole - Machhermo (4470m) - 4 hours

We continue along the river. This is an easy day again, but necessary for the acclimatization process.

Day 8: Machhermo - Gokyo (4790m) - 4 hours

The route continues along the river, passing the Ngozumba Glacier on the right. Gokyo lies by the side of the third of five glacial lakes, which are very attractive. In the afternoon, we climb the small peak of Gokyo Ri (5483m) for the stunning view of Cho Oyu, Everest, Lhotse, and Makalu to the east.

Day 9: Gokyo (4830m)

Gokyo (4830m) rest or Walk up the valley alongside the Ngozumba Glacier, the largest in Nepal, and visit the Fifth Lake- Whole day for back and forth.

Day 10: Gokyo (4830m) - climb Gokyo Peak - back to Gokyo - 5 hours

Day 11: Gokyo - Cho La Base Camp (4900m) / Thagnak - 4 hours

After crossing the Ngozumba Glacier below Gokyo we head up towards the pass, crossing two ridges on the way. A fairly short walks but quite strenuous.

Day 12: Cho La Base Camp - Dzongla (4830m)) / Thagnak - Dzongla - 10 hours

From the campsite, we immediately start the climb to the Cho La pass (5420m) and descend to a small campsite in the hidden valley.

Day 13: Dzongla - Lobuche (4930m) - Gorakshep 5364m - 07 hours

We are now entering more glacier country, and the route follows moraine for much of the way.

Day 14: Gorakhshep to Kala Pattar (5545m) or Base Camp 5400 m and Back to Lobuche - 9 hours

A long day requiring a 5 AM start with breakfast in Gorakhshep.

Day 15: Lobuche – Pangboche (3990 m) - 5 hours

An easy day to recuperate.

Day 16: Pangboche - Tengboche - Namche Bazaar - (3440m) 7 hours Trek

A fairly long but easy descent. There is another monastery in Tengboche, which may be visited. The views of the Himalayas and forest are wonderful

Day 17: Trek to Lukla (2850m) - 8 hrs Trek

From Namche Bazaar, we continue to trek down to Lukla, the last trekking day of the trip. With the view of the waterfall and Sherpa villages, we cross the Phakding, Cheplung and reach to Lukla.

Day 18: Fly back to Kathmandu

After finishing the Jiri to Everest Base Camp Trek, we fly back to Kathmandu from Lukla with the Everest scenarios. From the airport, we drive to the hotel and enjoy the whole day of shopping and rest.

Day 19: Rest in Kathmandu

Day 20: Departure to airport to back home

Final Departure. We take you to the airport for your final departure.

Highlights:

- Trek to Gokyo Lake, Everest Base Camp and Kalapathar
- Cross one of the highest mountain passes- Cho La pass and climb Gokyo Ri
- Enjoy spectacular views of Everest, Lhotse, Nuptse, Ama Dablam, Thamerku, Cho Oyu, Makalu, Lhotse Sar,
- Visit Namche, Thyanboche, Lobuche, Phakding, Lukla and appreciate Sherpa culture
- Enjoy scenic mountain flight from Kathmandu to Lukla

Cost Include:

- Airport / Hotel / Airport pick up & drop by private car / van
- Twin sharing accommodation on BB plan & single room for odd number at Hotel Blue Horizon or similar hotel in KTM - 4 nights
- Accommodation in local lodge during the trekking period
- Guided city tour in Katmandu by car / van for 2 days
- All meals (breakfast, lunch and dinner) at tea houses during the trek to and from Kathmandu
- 1 government licensed English speaking Guide for every 10 trekkers during the trek to and from KTM
- 1 porters for every two trekkers to carry the luggage during the trek
- Domestic airfare where applicable as per the itinerary
- National Park or Conservation area entry permits for trekkers
- TIMS card (Trekker's Information Management System) for trekkers
- Tax, VAT, official expanses and company profit
- Welcome and farewell dinner
- Rest of the land transport as per the itinerary
- All Government and local taxes
- First aid kit comprehensive
- Salary, allowances, equipment, clothing & insurance for all field staff including porters
- Trekking map for each trekkers

Cost exclude:

- Lunch and dinner while in Kathmandu
- Your personal travel insurance and medical evacuation in case of emergency (compulsory)
- International airfare and airport taxes
- Excess baggage charges while domestic flight, hot shower, battery charge (during the trek), telephone etc.
- Nepal entry visa fee (US$ 30 per person) you obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu
- Alcoholic beverages, hot and cold drinks, bottle and boiled water, laundry and hot shower in trekking lodge
- Tips and gratuities for trekking staff and driver
- Sightseeing/Monuments entrance fees in Kathmandu
- Any others expenses which are not mentioned on Price Includes section
- Personal gears & clothing (available on hire)
- Expenses incurred due to accidents, landslide, strikes, political unrest, etc..
- Entrance fees during the cultural sightseeing in city.
- Expenses incurred in emergency evacuation/road block due to any reason, table drinks, snacks while walking
- Service other then mentioned on above as "Your price includes" topic