

1. Trip Overview

Gokyo Cho La Pass Trek Trip Notes:

- The Gokyo Chola Pass trekking days last 18 days in total.
- Gokyo Chola Pass trek difficulty graded as challenging one.
- Trail runs through the [Everest region](#).
- Mode of Accommodations will be provided in hotels, lodges and tea houses.
- Travelers can reach up to the chola pass height of 5545 m.
- Flight and the private vehicles are the means of Transportation.
- Minimum of 2 travelers can travel on this trip.
- Best seasons for travelling are from October to December and from March to May.
- The trek starts from Lukla after the flight from Kathmandu and ends there.

More on Gokyo Cho La Pass Trek highlight:

- Adventure with the Gokyo Ri with its high elevation and breathtaking views.
- Panoramic views of Highest peak Mt.Everest, Mt.Makalu, Cho Oyu and more.
- Thrilling and scenic flight to Lukla and back from there.
- Five lakes of Gokyo can be explored adding the tranquil to the mind in Gokyo Chola pass trekking.
- Trekking up to the Everest Base Camp and the region around Khumbu region.

Gokyo Cho La Pass Trek gives the strenuous grand tour leading to Gokyo Lake and up to the Cho La lying at an altitude of 5430 m making a circuit of Twache (6367 m) and Cholatse (6440 m). The trail gives the opportunity to explore the southern part of the Everest region and takes the path right to the base camp of Mount Everest. Travelers can also reach up to Khumbu Valley above Lobuje continuing the chola pass route upto Kala Patthar and then back to Lukla via Tengboche and Namche Bazar.

As the Gokyo Chola pass route links Everest Base Camp and Gokyo Valley with adventurous Chola pass providing the opportunity to visit and scan the high lush valleys of Khumbu region. As more, Everest Base camp chola pass trekking leads you to explore villages and monasteries along with the samples of incredible hospitality of the Sherpa people. Furthermore, the trek to chola pass starts from Lukla after reaching by thrilling flight from Kathmandu. Then it slowly enhances upward from Phakding and passes through the hustling and bustling Namche Bazaar. Further, the trail ascends more upward following the quite trail to Gokyo and Khumjung villages in the high valley. Where the travelers can explore the ancient Buddhist monastery and its peaceful spiritual environment. Though the trail increases in its difficulty and becomes more strenuous, the route always keeps rewarding with the spectacularly dramatic Himalayan scenarios and variation in landscapes including four of the world's eight highest peaks: Cho Oyu (8201m), Makalu (8463m), Lhotse (8516 m) and Everest (8850m). Breathtaking mountain vistas along with the addition of culturally vibrant Sherpa villages, homes and monasteries along with their way of life and welcoming culture offers the liveliest satisfaction to the adventure to the travelers.

2. Trip Includes

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- 03 Nights Twin sharing accommodation in 3 Star Standard Accommodation in Kathmandu); Breakfast included.
- All your standard meals during the trek (Breakfasts, Lunches and Dinners).
- Standard Accommodation While on trekking.
- Full day guided sightseeing of Kathmandu with well English Speaking Tour Guide.
- Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in Kathmandu and Lukla airport.
- English speaking Trek leader/Guide.
- Porters to carry your bags(1 porter for 2 guests).
- Food, Accommodation, salary, insurance and equipment's for all staff.
- Free Mount Glory Adventure Tshirt.
- Everest National Park permits and TIMS permit for trekking.
- All government, hotel and other applicable taxes.
- Farewell dinner in typical Nepali Restaurant with cultural dance show.
- Trip Completion Certificate And Token Of Love.
- Official expenses.

3. Trip Excludes

- International Airfare and taxes.
- Travel insurance which covers emergency Rescue and Evacuation.
- Nepal Entry visa(visa is obtained in Nepal Airport immigration on arrival.USD 25 per visa for 15 days,USD 40 pervisa for 30 days and USD 100 per visa for 90 days.All the visas are multiple entry *visas.please carry 02 passport sized photograph for the visa.
- Lunch and Dinner in kathmandu.
- All items of personal expenses.
- Tipping for guide,porters and drivers(Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

Note: Please bring 4 Passport size photos, copy of passport and travel insurance at Our First Meeting In Our Office.

4. Trip Itineraries

Day 1: ARRIVAL IN KATHMANDU(1,400M/4,593FT) AND PRE-TRIP MEETING.

Welcome And Namaste, Representative of Mount Glory will be receiving you at TIA (Tribhuvan International Airport).He will be displaying sign board Of Mount Glory outside the TIA terminal.Then,he/she will be transferring you to the respective hotel in private tourist vehicle.On the way to hotel he will be explaining you about the various services provided by Mount Glory Team.Then after reaching the respective hotel you will be freshing up and take some rest.In the same day we will be meeting in Mount Glory office discussing about the trip.At the same time we will be sharing our experiences about various mountains,landscapes,and beautiful sceneris across the himalayas for the another day tour.Then we will meet you with our experienced guide who will take you to the beautiful mountains.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1,400m/4,593ft

Meals:

Day 2: KATHMANDU VALLEY SIGHTSEEING TOUR AND PREPARATION FOR THE TREK.

The Kathmandu valley alone holds the four heritage sites that are listed under the UNESCO World Heritage Site list.Our tour guide will start the valley tour late in the morning with private tourist vehicle .You will be noticed about the various beautiful panaroma that are in the valleys,which includes the temple of Holy

Pashupatinath,Swyambhunath,Kathmandu Durbar Square and Boudhanath.All of these site have been refered by the tourist visiting the valley.These famous world heritage sites are famous among the tourist visiting the kathmandu valley.Our Pashupatinath is the scared religious temple of Hindu.Similarly, the Monkey temple of swyambhunath is famous among Buddhist Pilgrimage,where you will be seeing the holy monks representing almost 90 Percent Tibetan Culture.The Durbar square of kathmandu holds the historic importance of Nepalese Monarcy.The rulers of ancient Nepal use to run the kingdom from the same durbar (palace).Also,the Boudhanath is the largest Buddhist mondala in the world.These historic monuments are representative of country's cultural and religious tenor.After the tour we will return back to hotel and stay overnight at the same hotel.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1,400m/4,593ft

Meals: Breakfast Included

Day 3: Fly to Lukla (2,800m/9,186 ft) and Trek to Phakding (2,652m/8,699ft).

Early in the morning for Lukla flight our guide will be taking you to TIA.Lukla airport is located on the hill,which contains single run way that drops off towards the end to the deep gaping valley below the mountain.Lukla is facanating and the flight is thrilling adventure in itself,after arriving Lukla the change in the scenery is immediately felt.The mountains landscapes become quite prominent and the air carries a crips freshness to it.From the Lukla the trail moves towards the Cheplung village.View of scared Mount Khumbila from the valley at Cheplaung is beautiful.From there a grudual walk downwards leads to the village of Phakding.From phakding the site of Kusum Kangraru Mountain can be seen.The Dudh koshi river in the north of lukla where Phakding lies contains many guesthouses and lodges that cater to tourism and trekkers.We will have overnight stay at guesthouse with wonderful Dinner.

Trip Hours: 35 min flight And 2-3 hour Trek

Accommodation: Standard Trekking Lodge

Max Altitude: 2,800m/9,186 ft

Meals: Breakfast,Lunch And Dinner Included

Day 4: PHAKDING (2,652M/8,699FT) TO NAMCHE BAZAAR (3,440M/11,283FT).

Early in the morning we will have breakfast at Phakding.The trail then continue to the mountain town of Namche Bazaar.where several villages are crossed.Jorsale and Monjo lies north of Phakding which is entry point of Sagarmatha National Park.The trail venture through the national park leads to Namche.Walking along the Sagarmatha National Park presents many vertues like Alpine Woods,small rivers,brooks and deciduos forests.The pine and cedar

cover lands provides pleasant atmosphere to the trekkers. On the trail lies the amazing views of Thamserku peak and Kongdi Ri Himal. Overnight stay at Namche Bazaar.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 3,440m/11,283ft

Meals: Breakfast, Lunch And Dinner Included

Day 5: NAMCHE ACCLIMATIZATION(3,440M/11,283FT).

There are plenty of things to do around Namche Bazaar, we wake up to another spectacular morning and view from our room and sun rose of the breathtaking mountains. Namche Bazaar is one of the most attractive settlements in the Khumbu region where we can have the beautiful view of world tallest peak the Mt. Everest 8848m. The weather and natural beauties of Namche is heart warming. We will have a full day rest so that we won't face any problem ahead. Today we make a short acclimatization trek up to Khumjung, a delightful Sherpa village above Namche. You have full day leisure for wonderful panoramic view or stroll around the market. You can also enjoy the splendid views of Everest, Ama Dablam, Thamserku, Nuptse, Lhotse, Tawche, and Kwangde and so on. The Everest view hotel lies at the top of Namche Bazaar which is the hotel situated at the highest altitude.

Trip Hours: 2-3 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 3,440m/11,283ft

Meals: Breakfast, Lunch And Dinner Included

Day 6: Namche Bazaar (3,440M/11,283FT) Trek to Dole (4130M/13549FT).

The trek descends slightly towards the Sanasa and path ascends up to Mongla 4000m. A panoramic view of several peaks especially Ama Dablam is the main highlight of the day. On the journey from Namche Bazaar to Dole we get to see plenty of rhododendrons, pheasants, mountain goats and musk deers. The uphill trail to Dole consists of long granite staircases built into cliffs.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4130m/13549ft

Meals: Breakfast, Lunch And Dinner Included

Day 7: Dole (4130M/13549FT) Trek to Machhermo (4465M/14648FT).

Today we climb through scenic ridge higher than dole and then the path climb upto luza (4360m). The trail lead us to Machhermo after a climb along the side of the valley high above the river. The first Yeti sightings in the Khumbu region was reported in Machhermo in 1974.The trails goes through Thundering Dudhkoshi fleeting through some tiny hamlets and sandy Spurs to reach Machhermo.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4465m/14648ft

Meals: Breakfast,Lunch And Dinner Included

Day 8: Machhermo (4465M/14648FT) Trek to Gokyo Lake (4,790m/15,720ft).

Today, we will hike from Machhermo to Gokyo Lake. The trail from Machhermo to Gokyo Lake is pleasant and relatively easy. We start by climbing a ridge for an excellent view down the valley to Kangtaiga, as well as Cho Oyu (8153m). The valley now widens as the trail passes through Phangkha. We head to the riverbank before climbing onto the moraine of the Ngazumpa Glacier on a steep trail. Upon crossing a bridge over a stream, the trail follows the valley past the first lake, known as Longpongo. At the sight of the second lake, Taboche Tsho, we become mesmerized by the sheer beauty of the turquoise waters. A little further, we reach the third lake. Gokyo village stands by the third lake with Cho Oyu in the background. The whole scene in jaw-dropping. Overnight in a guest house.Upon arrival, you can explore around Ngozumpa Glacier and Gokyo lakes.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4,790m/15,720ft

Meals: Breakfast,Lunch And Dinner Included

Day 9: Gokyo rest, explore the Gokyo RI 5,400 M (17,717 ft).

Gokyo is a trade center where Sherpa people run lodges and provide the best services to the trekkers. Gokyo is situated by the side of Ngozumpa Glacier, the biggest glacier in Nepal. Today, we will walk around the lake and we can make the side trip of the fifth lake as well if you are up for it. We will also hike up to Gokyo Ri, a stunning viewpoint to see the glacial lakes and massive peaks. Overnight at guesthouse.

Trip Hours: 3-4 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4750m

Meals: Breakfast,Lunch And Dinner Included

Day 10: Gokyo Trek (4,790m/15,720ft) to Thaknak.

We will head towards Thangnak from Gokyo Lake, crossing the glacier en route. We will take lunch on the way to our destination. Thaknak is a gorgeous alpine village nestled high in the Himalayas. Overnight stay in Thangnak.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4,790m/15,720ft

Meals: Breakfast,Lunch And Dinner Included

Day 11: Thaknak Trek to Dzongla Village via Cho-la Pass (5,420/17,782 ft).

Today is going to be one of the toughest days of the trip, but the scenery distracts us from the difficulty. Have caution, as the trail is steep and the path may be icy and slippery. The trail from Phedi climbs through a ravine on a rocky trail. While trekking on the side of a frozen lake, we reach the top of the pass. The pyramid-like Ama Dablam presides over a range of mountains on the south. We pass through some crevasses before we reach Dzongla Village. The village provides great views of Cholatse, Ama Dablam, Lobuche mountains along with the Pheriche Village far below.

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5,420/17,782 ft

Meals: Breakfast,Lunch And Dinner Included

Day 12: Dzongla (4,830/15,850 ft)) Trek to Lobuche (4940m/16207ft).

Today we follow the gorgeous trail through the remote areas of the Everest region. It is a desolate path until we reach Lobuche. We begin by walking along Chola Lake and continue in the Khumbu Valley, enveloped by high peaks and massive rock formations. It is a short trek, but somewhat difficult due to the altitude. The sunset view of Mt. Nuptse in

the evening is marvelous. Overnight at guest house.

Trip Hours: 3-4 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4940m/16207ft

Meals: Breakfast,Lunch And Dinner Included

Day 13: Lobuche(4940M/16207FT) to Gorak Shep 5,164m/16,942 ft) to Everest Base Camp 5,380/17,600 ft) and back to Gorak Shep.

We are full of excitement today, ready to make our dreams come true. We have an early breakfast because we've got a long day ahead of ourselves. The trail to Gorakshep is mostly uphill and rocky. After having lunch and dropping our bags off at Gorakshep, we head to Everest Base Camp with our day pack. The trail is a steep, rocky incline. Everest Base Camp is located on the Khumbu Glacier, where we can see infamous Khumbu Icefall, Mt. Khumbutse, and Pumori, though we are unable to see Mt. Everest. After we take some snaps and celebrate, we head back down to Gorakshep. Overnight at guest house.

Trip Hours: 7-8 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5,380/17,600 ft

Meals: Breakfast,Lunch And Dinner Included

Day 14: Gorak Shep (5,164M/16,942 FT) to Kala Patthar 5,545m/18,192 ft) and Trek to Pheriche (4,371m/14,340 ft).

After waking up early in the morning, we begin our climb to Kala Patthar. This is a major highlight of the Everest Base Camp Trek! The breath-taking views of Mt. Everest, Ama Dablam, and many others are right in front of us. After enjoying our time and taking some photos at Kala Patthar, we come back to Gorakshep and have a nice big breakfast. After, we descend to Lobuche. The trail goes downhill via the Khumbu Glacier. Eventually, we arrive to Pheriche. Overnight at guesthouse.

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5,545m/18,192 ft

Meals: Breakfast,Lunch And Dinner Included

Day 15: Pheriche(4,371M/14,340 FT) Trek to Namche Bazaar (3,440M/11,283FT).

After breakfast at Syangbouche we will move towards funki Thanka pass the kyangjuma and reached Namche. The relaxing hike back and site of the landscape and himalayas are pleasantly enjoyed. The villages are also lively with people and we can observe their customs, active days as we pass. Overnight stay at Namche Bazar.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 4,371m/14,340 ft

Meals: Breakfast, Lunch And Dinner Included

Day 16: Namche Bazaar (3,440M/11,283FT) trek to Lukla (2,800M/9,186 FT).

The hike back to Lukla moves steeply downwards crossing suspension bridges. Prayer flags, Mani stone walls, small Gompas line the village and the trail. Dudhkoshi river gushes a beautiful ambience to the natural setting. Plains, pine and Rhododendron forests as well as beautiful snow covered peaks decorate the picturesque setting. After reaching Lukla we can just relax. We will be celebrating the victory of trek as well. Overnight stay at Lukla.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 3,440m/11,283ft

Meals: Breakfast, Lunch And Dinner Included

Day 17: FLY FROM LUKLA (2,800M/9,186 FT) TO KATHMANDU (1,400M/4,593FT).

Our trekking part of the journey ends with 35 min flight back to Kathmandu. We can revel in the changing sites of landscapes on last time while on flight. After landing TIA in Kathmandu we will be transferred to the same hotel where we will be staying overnight. On the same day we will be honouring you by the Certificate of Trek completion as a Token of Love and our company representative offers you a farewell dinner.

Trip Hours: 35 Min Flight

Accommodation: 3 star Standard Hotel

Max Altitude: 2,800m/9,186 ft

Meals: Farewell Dinner Included

Day 18: Final Departure

Our Mount Glory representative will transport you to TIA around 3 hours before your scheduled flight from where you will Depart.

Trip Hours:

Accommodation:

Max Altitude: 1400m

Meals: Breakfast Included

Day 19: Fly Back to Kathmandu [1,338m].

Trip Hours: 5

Accommodation: The Dwarika's Hotel or Hyatt Regency

Max Altitude: 100

Meals: Hotel

Day 20: Free day in kathmandu [1,338m].

Trip Hours: 5

Accommodation: The Dwarika's Hotel or Hyatt Regency

Max Altitude: 100

Meals: Hotel

Day 21: Final Departure

Trip Hours: 5

Accommodation: The Dwarika's Hotel or Hyatt Regency

Max Altitude: 100

Meals: Hotel

5. Trip Useful Info

Accommodations

Mount Glory will provide you standard Hotel in Kathmandu with twin sharing basis on BB plan. If the trekker is willing to have single room an additional charge of USD 50 per night is added. During the trek the travellers are provided with standard guesthouse where wooden beds with mattress and pillow are available. Trekkers have to share the bathrooms and toilets in Gokyo Chola Pass Trek. You will be provided with teahouses, and luxury lounge that depends upon your demand.

Meals

We will provide you with standard breakfast on the same Hotel in Kathmandu. During the trek our guide will choose hotel for hygienic lunch according to your request. Breakfast and evening meal are served on the hotel where you will stay overnight. Our meal includes typical Nepalese food, continental food, and Sherpa's menu on the trek. Meal will be provided on your request from respective menu from the hotel.

Physical Conditions

Trekkers should have proper health condition as he/she is trekking over 6-7 hours on moderate trekking routes. Mount Glory itinerary is designed for proper acclimatization for each day. Trekkers with poor physical condition, who are having lung-related diseases are requested to take medical supervision before the trekking.

Drinking Water

Water in the high mountain region may not be familiar with trekkers. So, you can buy hot water or mineral water in affordable cost and trekkers have to carry water treatment system if you feel the water in the mountain is unhygienic. But normal drinking water is available easily during the trek.

Routes Maps

Routes maps will be provided to you by Mount Glory Team. This includes the minor itinerary of whole trekking with darkened routes. The trekking trail will be highlighted so one can easily find the trail route which makes the trekking interesting and easy.

Trekking Group Size

Mount Glory is organizing its trekking with a minimum of 2 trekkers who are provided with our guide and porter. If your group consists of more than 20 members we will split the group and manage our guide and porter accordingly. 6 travellers are provided with an experienced guide and a porter per 2 travellers to carry your belongings.

Transportation

Travellers are provided with tourist private vehicle while they are on Kathmandu. We will manage flight to Lukla and also flight back to Kathmandu from Lukla.

Luggage and Bags

Travellers can bring maximum 2 bags which include your day to day belongings like camera, clothes, sun screen glasses, etc. The bag which contains less needy things like sleeping bag, boots, or towels is carried by porters which shouldn't weigh more than 25 kg. If you are taking a flight then travellers have to pay USD 1 per kg if your luggage weighs more than 15 kg.

Guide And Porters

Mount Glory will provide you experienced Trekking guide who will guide you through the trek. You are provided with a porter who carries 25 kg maximum weight of 2 trekkers. Our guides are licensed from the Nepal Tourism Department who have knowledge about the trails and the community you will be staying with.

Travel Insurance

Trekkers should have International Travel Insurance of USD 10000 as Mount Glory is not responsible for any emergency rescue operation that may occur due to high altitude and medical cases, also injuries and food-related health problems. We can only provide air ambulance service, Helicopters, and other rescue operations if travellers already have international travel insurance. We are responsible for accidental problems of Mount Glory staff.

Lukla Flight and Weather Condition

Weather in Lukla varies time to time which may delay your flight. We will manage alternative flights when weather conditions are good. For this, trekkers should pay an additional helicopter charter fee and also we may postpone your trekking for another day until the weather gets fine. So, trekkers are requested to have an extra holiday of 2 days or more for good memory which will not be affected by weather conditions and our team can vary the trekking schedule for fine weather days.

Communication System During Trek

Some places in the mountain have internet while some places don't. But our team can manage your internet facilities on your request for that you have to pay the internet bill. As we trek high up in the mountain, the signal receiver of the communication office may not work at some places, so you need to have some patience to get proper communication facilities.

Tips For Guide And Porter

Tips are not mentioned as compulsory but you can make your trekking friends from Nepal happy by their services by giving them tips and gifts. Minimum of 10 per tips is usual for guides and porters and you can also give as much as you like.

Best Time To Travel

March to May and September to November are the best months for trekking around the Himalayas. Trekkers can also make their trekking plan on winter months as our professional team can decide the perfect time in cold months as well.

Personal Expenses On Trek

Your personal expenses on the trek depend upon your expenses. You should have expenses for extra food and drinks besides Lunch, Breakfast and Dinner which our company can afford. Also, expenses for shopping gear, alcoholic drinks and entertainment expenses depend upon you. It may be about a minimum of USD 500 or according to you. Your credit card is not accepted in the mountains so you need to have cash in Kathmandu.

Itinerary and Changes

We have 18 days trek for Gokyo Chola Pass Trek. We can minimize or maximize your trek according to your wish and request before starting the trek. In case of certain problems like altitude, tiredness, our guide can rearrange the schedule on your request. If trekkers in some group have some problem then he/she stops on the way with our experienced porter or assistant guide while others will continue their trek.

6. Contact Us

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We are located - Near to Bhagwati Mandir (5.6 km from Tribhuvan International Airport), Thamel Marg, Thamel, Kathmandu, Nepal.

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