

Everest Base Camp & Gokyo Ri Trek : 18 Days



Gokyo Lake



Chola Pass

Trip Overview

Everest Cho La Pass Trek is one of Nepal's most popular treks, taking you to the Everest region via several ethnic settlements and up to Everest Base Camp (5,380 m). This Everest Base Camp trip takes you through a remote, unspoiled terrain where only a few trekkers visit each year. It provides unique opportunity to meet folks who have had little interaction with the rest of the world.

The Everest Cho La Pass Trek is one of the most difficult journeys to Nepal's Everest region. It allows you to explore the breathtaking majesty of the mountains, glaciers, icefalls, and hilly landscapes. Imagine yourself stepping into the highest terrain on the earth and traversing a high pass, savoring the grandeur of mountains that soar above the skyline.

What makes the Everest Cho La Pass Trek so special?

The Everest Cho La Pass trek's primary attractions include Everest Base Camp, Kala Patthar, Gokyo Ri, Gokyo Valley, and Cho La Pass. Kala Patthar and Gokyo Ri offer stunning views of Mt. Everest as well as other summits like as Mt. Makalu, Mt. Cho Oyu, Mt. Lhotse, Mt. Nuptse, Mt. Ama Dablam, Mt. Thamserku, Mt. Pumori, and others. These two locations are renowned as the best vantage points in the Everest region. This journey also offers spectacular views of valleys, rivers, lakes, cliffs, icefalls, and alpine forests in addition to the mountain scenery.

The Everest Cho La Pass journey begins with a guided tour of Kathmandu's heritage sites, followed by a flight to Lukla. Flying to Lukla allows you to explore the Himalayan region's limits. As the walk leads through rivers, picturesque villages, alpine woods, and meadows, you will get closer to the enormous peak that dominates the skyline. To reach Everest Base Camp, you

will transit through Namche, Phortse, Dingboche, and Lobuche. Next, you trek up to Kala Patthar for breathtaking vistas of the Everest region's mountains. Moving onward on the walk, you will cross the Cho La Pass, which opens out into Gokyo Valley, which is studded with several green glacial lakes known as Gokyo lakes.

If you're seeking for an alternate trip into the Everest region, consider the Everest Renjo la Pass trip, Everest Three Passes Trek, Everest Gokyo Lake Trek, Everest Base Camp Trek via Solukhumbu, and so on. Remember Nepal Mountain Journey for additional information on the treks.

Trip Highlight

- ❖ To experience a thrilling and adventurous trip to Lukla, which is also known as one of the world's adventure airports.
- ❖ Enjoy a magnificent trek through blooming rhododendrons, lush alpine and bamboo forests, various vistas, and breathtaking Himalayan flora and fauna.
- ❖ On the walk, you may explore the picturesque village, which is rich in local culture and heritage, as well as the Sherpa lifestyle.
- ❖ Visiting the various monasteries and the Gumba allows you to benefit from the Buddhist monks' insightful teachings.
- ❖ Hike the Cho La Pass, one of the most adventurous and picturesque passes in the Everest region.
- ❖ Panoramic views of endless mountains such as Thamserku, Kangtega, Kusum Kangaroo, Lobuche, Makalu, Cho-Oyu, Island Peak, Cholatse, Tabuchi, Pumori, Nuptse, Lhotse, and the world's highest peak, Mount Everest.
- ❖ Views of Nepal's longest glacier, the Khumbu, as well as the Ngozumpu glacier, which is also believed to be the largest glacier.
- ❖ Experience the Everest Base Camp.

Trip Route Overview:

The Everest Cho La Pass trek combines the EBC and Gokyo Lake treks. This trek begins with a 40-minute scenic flight from Kathmandu to Lukla, after which the trail passes through Sagarmatha National Park before ascending past Sherpa village and Namche bazaar. Following the banks of the Dudkushi River and across the Hillary suspension bridge, you will arrive at the famed Sherpa town Namche Bazaar. The following day, you will explore Namche bazaar and hike through adjacent magnificent landscapes to properly acclimatize.

From Namche, we will go to Phortse, which is well known for its Khumbu Climbing Centre (KCC) and the Sherpa village. Guided by the Himalayas, the trail from the base camp continues through the changing terrain to Dingboche, where we will conduct another acclimatization hike.

The journey continues up the steep trail, via Lobuche and Gorekshep to EBC. Finally, after landing at the foot of the biggest mountain, Everest Base Camp, you will be treated to a breathtaking panoramic view of the Himalayas, including Mt Everest and other peaks, from the famous Kalapathar viewpoint.

After an incredible accomplishment, we will descend to the high elevation and root of Cho La Pass and Gokyo Valley the following day. We will pass Cho La Pass at 5420 meters, following steep routes and crossing the Khumbu Valley's largest glacier. This will be the most difficult day of the trip when we arrive in Gokyo, where you will spend the remainder of the day exploring the valley. Gokyo Ri provides a breathtaking view of the Gokyo Valley glacier, lakes, and panoramic views of the Himalayas, including Everest, Cho Oyu, Lhotse, Makalu, and other summits, before returning to Namche bazaar by the hidden valley, passing via Dole and Matsuri villages.

On the final day of the trek, you will hike down the same route that you took up to Namche Bazaar, a steep trail that descends to the Hillary suspension bridge, and then continue walking to several local villages when you arrive in Lukla.

After spending your last night in the Himalayas with your trekking crew, you will fly back to Kathmandu the following morning.

Itinerary

Day 1: Arrive in Kathmandu International Airport After landing at Tribhuvan International Airport we will pick up at the airport and transfer to your hotel. Then we check in at the hotel, refresh and take a rest for that Day.

Day 2: Plane and prepare we will introduce you to our guide and brief you about your trek and check your equipment and prepare you for your Trek.

Day 3: Fly to Lukla, trek to Phakding

Altitude : 2610m

Distance: 8km

Duration of hike : 3-4 hrs

Our journey will start early in the morning, our representative will take you from the hotel to the Domestic Terminal Tribhuvan International Airport. From the airport we will take a domestic flight to Lukla Tenzing Hillary Airport. Our flight will be 30 minutes but during the flight you will enjoy the beautiful scenery of Nepal (Note: During season due to overdue of people we may have to drive to Ramechhap and get flight to Lukla from Ramechhap.) . After landing in Lukla we will have breakfast and start the walking part of the trek. The trail to Phakding goes beside the Dudhkoshi River and is comfortable and scenic..

Day 4 : Phakding to Namche bazar

Altitude : 3438m

Distance : 12 Km

Duration of the hike : 6-7 hrs

After breakfast we will start our journey towards the Namche bazar. The view from our path is very tempting. We will cross several suspension bridges on Dudh koshi river including Hillary Suspension Bridge. After walking a couple of hours we will reach in Monju, Monju is the entrance point of the Sagarmatha National Park, so we have to register our permits to there. Mount Everest can be seen for the first time from the trail shortly after crossing Hillary Bridge

Day 5 : Rest day and acclimatization hike to Everest view hotel Altitude:3880m

Distance: 5.4 km

Duration of the hike 3-4 hrs

To ensure that your body is adjusted to the height, we will be staying in the Namche bazar for compatibility. Although we will not be trekking, there are enough activities to keep you busy in Namche bazar. There are many hotels, cafes, bars and shops in Namche, so if you need some things for trekking, you can take from there. Also we can visit Sherpa museum, monastery and market. We can visit other notable places like Hillary School, Syangboche Airport, Everest View Hotel and see the magnificent view from there.

Day 6 : Namche to Phortse

Altitude : 3840

Distance : 7 km

Duration time : 5-6hrs

You will start your journey towards Phortse and you will see stunning views of mountains like Mt Everest, Lhotse, Naptse, Amadabalam, Tabuche, Thamserku and many other himalayan ranges. Phortse Village is also known as Mountaineering Village. Every house in Phortse village has more than one climber who has climbed Mount Everest and Phortse also has the world's highest climbing Gym khumbu climbing center and You can do bouldering there. Khumbu Climbing Center organizes climbing training every year. In Phortse village, you can also see the National bird Danphe, Musk Deer, Blood Peasant and other animals.

Day 7 : Phortse to Dingboche

Altitude : 4410m

Distance: 8km

Duration of the hike : 5-6 hrs

You can continue your journey towards Dingboche with a beautiful view. After a few hours of walking you will reach Pangboche village 3985m and you can stop in Pangboche for the snack break and visit the oldest monastery in Khumbu region and you can also see the Yeti skull inside the Monastery. Then you can go to Dingboche village.

Day 8 : Acclimatization day & Hike to Nangkarstang hill

Altitude : 5083m

Distance : 5.1 km

Duration of the hike 4-5 hrs

Dingboche will be your second acclimatization stop. It is located at a height of 4200 meters and will be great for higher altitude treks ahead. On that day you can go to the 5083 meter high Nangkarstang peak and on that day you can have a great view of Amdabalam, Lhotse, Nutse and Thamaserku and many other mountains. Return to Dingboche and rest for the day.

Day 9 : Dingboche to Laboche

Altitude : 4910m

Distance : 8 km

Duration time 5 hrs

After breakfast we will pass the small yak pastures on the way and have a close view at Amadablam and Taboche mountains and proceed to Laboche via Thukla. After an hour's uphill trek from Thukla, we will reach the memorial view point. It's the memorial places and the sadness point because there are many memorials of the climbers who lost their lives in the mountains. And many other mountains above 6000 meters including Pumori, Nupche, Cholutse and Labuje peak can be seen from there.

Day 10 : Labuje-Gorokshep and Everest Base Camp

Altitude : 5310m

Distance : 11km

Duration time : 7 -8 hrs

Today is the most important day and hardest day of your EBC trekking. So after an early breakfast we commence our trek towards Gorokshep. Your trail to Gorokshep proceeds along the side of the Khumbu Glacier. When we reach Goroksepe, we stop for lunch and rest, after lunch your journey towards Everest base camp. The route to Everest base camp is a bit challenging as you have to pass through rocks and glaciers. During the spring season you can see many tents camp at the base camp of Everest and Lhotse climbers. After having the rewarding views of mount Everest and other mountains around your site, you will return back to Gorokshep where you will stay overnight.

Day 11 : Kalapathar and Dzongla

Altitude : 5545m

Distance : 12 km

Duration time : 7 -8 hrs

Today you will reach the highest point of the EBC trek, Kalapathar is considered to be one of the best views on the EBC trek. So you will have to start early in the morning and you can observe the first light of day shining on the majestic Mount Everest, and you can see Everest closely. And you can return to Gorokosep after observing many panoramic views, after having breakfast, you will return via the same route through Labuje, and from the right side of near the memorial park, we will go towards Dzongla 4620m and overnight stay in there..

Day 12 : Dzongla and Chola Pass and Darnak

Altitude : 4650m

Distance : 11 km

Duration : 6hrs

Chola Pass is located 5420m between Everest Base Camp and Gokyo Valley, and can be crossed from either side. It is one of the highest passes in the Everest region. Early in the morning we have to start our journey from Dzongla towards Chola Pass. You have to walk for about half an hour on the icy trails of the Chola Glacier. We have to use microspikes as we have to cross part of the glacier there..After reaching the Chola Pass we descend through a stone path till we reach Thaknak and we spend the night there.

Day 13 : Thagnak to Gokyo

Altitude : 4750 m

Distance : 4 km

Duration : 3hrs

We will continue our journey along the Ngozumpa glacier route, passing several glacier lakes below Cho Oyo, the sixth highest mountain in the world, until we reach Gokyo. After reaching Gokyo You will be amazed by the natural beauty of Gokyo Lake.

Day 14 : Gokyo Ri Dole

Altitude : 4038m

Distance : 14 km

Duration : 6-7 hr At an altitude of 5357 meters above Gokyo village on the northern side of the lake, the trek to Gokyo Ri provides the stunning views of sunrise and sunset. From the Gokyo Ri, you can see beautiful panoramic views of many mountains including Everest, Makalu, Lhotse and Cho Oyu..Then we descend to Gokyo and trek down to Dole by Macherama.

Day 15 : Dole to Namche

Altitude : 3438m

Distance : 7.4 km

Duration : 6 hrs

From Dole we walk downhill to Phortse Tenga and We climb up Mong La passing through forests covered with rhododendron, Himalayan birch, pine and juniper. We descend to Namche following the same path we came up..

Day 16 : Namche to Lukla

Altitude : 2800m

Distance : 20 km

Duration time : 7-8 hrs

We will return to Lukla by following the same route we came on the way up. Although the route will be a bit longer that day but it is not difficult to go down. you will reach Lukla by crossing several suspension bridges over Dudhkoshi river.

Day 17 : Fly back to Kathmandu (30 minutes Flight) and transfer to Hotel.

You wake up early in the morning and fly from Lukla to Kathmandu! Before arriving in Kathmandu, you will see a beautiful view of the Himalayas from the airplane window, After reaching Kathmandu, the guide will transfer to you at the hotel. The rest of the day is free, so enjoy your time here in Kathmandu, visit restaurant, shop and some sightseeing in Kathmandu valley..

Day 18 : Departure After breakfast, our representative will transfer you to Tribhuvan International Airport in time for your onward flight.

What is Included

- ✓ Airport transfers in Kathmandu
- ✓ Domestic flights (Kathmandu-Lukla-Kathmandu)
- ✓ Accommodation in lodges/teahouses during the trek
- ✓ Hotel stays in Kathmandu with breakfast
- ✓ Full board meals during the trek (breakfast, lunch, dinner)

- ✓ Professional trekking guide and porter services
- ✓ Sagarmatha National Park Permit and TIMS Card
- ✓ Welcome and farewell dinners in Kathmandu

What is Excluded

- ✧ International airfare to and from Kathmandu
- ✧ Nepal entry visa fees
- ✧ Travel and medical insurance (including emergency evacuation)
- ✧ Personal trekking equipment
- ✧ Tips for guides and porters
- ✧ Extra nights in Kathmandu due to early arrival, late departure, or any unforeseen circumstances
- ✧ Personal expenses (e.g., snacks, beverages, hot showers, Wi-Fi, charging electronic devices)

Trip Map

18 DAYS - EVEREST BASE CAMP & Gokyo Ri

Best Season - Mar, May, Sep, Nov

Main Trekking Route -

Mountain Pass -

Flight -

Peak -

Overnight Stay -

Secondary Path -

