Detail Itinerary

Overview of the EBC and Gokyo Valley Crossing

The Cho La Pass Trek is widely regarded as one of the most thrilling yet rewarding high-altitude adventures in the Everest region. Situated at an elevation of 5,420m, the pass serves as a dramatic link connecting the pristine Gokyo Valley with the classic Everest Base Camp trail. This extraordinary journey offers trekkers a perfect blend of striking natural beauty, lush pine and rhododendron forests, and a deep look into the unique lifestyle and culture of the local Sherpa people. Along the trail, participants are rewarded with breathtaking panoramic vistas of world-renowned peaks, including Mount Everest (8,848m), Makalu, Ama Dablam, Lhotse, Cho Oyu (8,153m), Pumori, Nuptse, and the sprawling expanse of the Khumbu Glacier.

Highlights, Route, and Scenic Viewpoints

In addition to conquering the pass, the trek takes you deep into the secluded Gokyo Valley, home to sacred turquoise lakes and the Ngozumba Glacier—one of the longest glaciers in the Himalayas. Depending on the season, travelers may also experience vibrant cultural events such as the Dumje festival or Mani Rimdu dances performed in local monasteries. The adventure begins with a scenic flight from Kathmandu to Lukla, followed by a trail winding alongside the Dudh Koshi River. You will journey through the protected landscapes of Sagarmatha National Park (a UNESCO World Heritage Site), passing waterfalls and traditional Sherpa settlements like Phakding, Namche Bazaar, Tengboche, Pheriche, and Lobuche, with opportunities to spot native wildlife such as the Himalayan tahr, red panda, and snow leopard.

For those with sufficient physical fitness, an optional hike to Kala Patthar (5,545m) provides the ultimate vantage point to witness iconic sunrise and sunset views over Everest, Pumori, Ama Dablam, Kwangde, Kantega, Lhotse, and Nuptse. Nepal Kailash Trekking is dedicated to making your Everest Cho La Pass journey a safe, seamless, and unforgettable milestone of your life.

Trip Facts

- Trip Duration: 19 days
- Trek Duration: 15
- Trip Code: 09
- Primary Activity: Trekking
- Secondary Activity: Stunning flight
- Max. Group Size: 10
- Min. Group Size: 1
- Starts Point: Lukla
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 5545m
- Accommodation: Lodge
- Season: MAR-MAY,OCT-DEC
- Other Info: Extraordinary scenery

Detail Itinerary

Day 01: Arrival at Tribhuwan International Airport (TIA) 1350m, Kathmandu, Nepal
You will be picking up by our Airport Representative, and transfer to hotel. Overnight If your arrival early of the day then can be do some sightseeing nearby your hotel. at hotel with bed and breakfast (B.B.) .

Day 02: Preparation for the trip
This day in Kathmandu - for preparation and conformity, evening briefing about the tour, overnight Hotel on BB plan

Day 03: Fly to Lukla 2800m and trek to Phakding 2610m, 3 hrs
Pick up from Hotel in early morning, we drive about 20 minutes to Tribhuwan International Airport. After 45 minutes exciting flight to Lukla, you begin your trek to Phakding approximately three hours easy walking. Overnight lodge.

Day 04: Trek to Namche Bazaar 3440m, 6 hrs
You will begin trek normally flat following towards to Dudhkoshi after crossing the bridge at Phakding. The trails go still flat, up and down about 3 hours to JorSalle. You would have seen already Thamserku, Kusum kangaroo and fromjust before Monjo Khumbi la above the Namche. There is a place where start Sagarmatha National Park, check yours permits just 20 minutes before Jorsalle, name of the spot lies end of the Monjo. From the Hillary Bridge gives you view of the Taboche peak across the Tyangboche after half an hour climbing the first view of the world highest peak Mt Everest and more. You have to climb up in altitude about two and half hours after cross the Hillary Bridge,

Day 05: acclimatization day
This day, you can hike to Thame valley or Khumjung Khunde valley via world highest airport Syangboche (3790m) and Hotel Everest View. There is a museum above Namche in the military campsite and Sharpa cultural museum where you can watch video project by paying their certain fees. This place also give you the world highest Mount Everest view and many more. Back to Namche for the 2nd night.

Day 06: Trek to Tengboche 3870m, 4 hrs
By leaving Namche Bazaar after climb little up then starts gradually flat trail till to Kyangjuma. On the way, you can see wonderful mountains views including world highest peak on the earth. Then path leads you down to Dudhkoshi and immediately trail go to ascending to Tyangboche. You visit a monastery known as Tengboche monastery. Then you will be taken to observe the prayer ceremony whether in the evening or morning. Overnight lodge.

Day 07: Trek to Dingboche 4350m, 4 hrs
Trail take you gradually down through forest of Rhododendron and dwarf conifers to the Imjatse River by crossing the bridge ascend to Pangboche 3860m. You are heading towards beside the beautiful mountain called Ama Dablam. There is a monastery in upper Pangboche which is the oldest monastery (since 17 century) in Khumbu valley. By passing the Shomare 4020m and Orsho from where you can see Another mount Pumori 7165m. Afterwards, there is a junction trail upper left takes you to Pheriche and heading to right lower one for Dingboche. Overnight lodge.

Day 08: Acclimatization day
Today you can enjoy another day for an acclimatization around Dingboche by day hiking. This day we will have trip to Chhukung valley. We will take you to Chhukung Ri (5546 meters) too. From

there, we can see the fifth highest mountain Makalu 8463m. some trekkers climb to Nagarjun hill above Dingboche for acclimatized. Come back to Dingboche in the evening.

Day 09: Trek to Lobuche 4930m 4 hrs
Walk slowly; make sure that you have enough drinking water with you because you are already in high altitude and to warding your trip to the foot of the world highest peak or Everest base camp. There is a place where you may have some hot tea, coffee or god as well at Dhugl, known as Thukla 4620m. about 40 minutes to an hour steeply ascending you will see at the top of the ridge memories of the who lost during peaks or mountains climbing. Front of you giving super view of the mount Pumori on the way to Lobuche. Ande front of your lodge to the east smiling Mount Nuptse 7861m. Overnight lodge.

Day 10: Trek to Gorakshep 5160m –Everest Base Camp 5340m– back to Gorakshep
The path is following Khumbu glacier towards to Gorakshep and base camp. Nepal kailash Trekking Company suggest you again take with you enough drinking water and some snicker, you are mostly getting closer to Everest Base Camp today. Take a lunch and rest couple of hours and walk continue for Everest Base Camp with enough drinking water and snicker again, We cannot see Mount Everest from the base Camp, walk with well wearing equipped which against to wind and cold. Back to Gorakshep for night. Overnight lodge.

Day 11: Early morning climb to Kalapathar and trek to Zdongla 4830m
Early morning start a hike uphill to Kalapathar 5545m which provides you an excellent viewpoint to observe the Mount Everest and innumerable spectacular mountains views & Khumbu Glacier. After breakfast start trek to Dzongla. Overnight lodge.

Day 12: Trek to Cho la pass 5420m – Thangnak 4700m, 6 /7 hrs
An early morning get up and have some breakfast and trek start around between 5 - 6 am with enough drinking eater and some snickers over the Cho la. Trekking begins with the mostly flat trail at the first section then gradually ascends along the steeply rocky. When you get close to Chola by climbing rocky trails be attention for the falling rocks sometime in both side either before Cho la pass or later the pass. The mountains views are outstanding. At the ridge of the Cho la where you can see broken ice glacier of Cho la and above Cho la pass colorful praying flags. After long walking down through rocky trails then reach to a ridge then again descend for Thangnak. Overnight lodge.

Day 13: Trek to Gokyo 4750m, 2 hrs
Be sure that where is the trails reach to Gokyo because sometime it is changing the trails in the glacier. Trekking along the Ngozumba glacier. By reaching ridge of Gogkyo settlement gives you dramatic lake view. Overnight lodge.

Day 14: Hike to Gokyo Ri and back to Gokyo
Gokyo side trip, an early morning, drink some hot drinks a quick breakfast and take again drinking water and some light lunch like bread or cookies. After cross the stream ascend to Gokyo Ri after climb up about 200m you can see World 5th highest mountain Mount Makalu 8463m. The top of the Gogyo Ri provides you outstanding mountains view of Kusum kangaroo , Thamsetku, Kangtega, Taboche, Cholatse, Mt Makalu,Lhotse, Everest, Pumori, Cho Oyu many more others peaks and Gngozumpa glacier. If you have flexible time then can be visit to the sacred up to fifth Lake 4980 m of Gokyo valley nearby Mount Cho Oyu. This side trip also gives you the view of the north face of the Mount Everest, Makalu, Lhotse, as well as Nuptse too. Back to lodge for the night.

Day 15: Trek to Dole/Photse Thenga 3810m 5 hrs
Trek gradually downhill to Phortse Thanga. Along the way, towards valley with Mount Kangtega and backward Cho Oyu. After Dole trekking goes through forest of Rhododendron and can be seen

wildlife like musk deer and pheasant (the national bird of Nepal). Overnight lodge.

Day 16: Trek to Namche/Monjo 2840m
Trek uphill to Mong la 3975m and gradually down to Kyangjuma then continue to Namche Bazaar.

Day 17: Trek to Lukla

Day 18: Fly back to Kathmandu

Day 19: Departure
Nepal Kailash Trekking Company representative will come to your hotel to pick you up and transferred to your on next board. Program end.

Cost Includes

- All ground transports by private vehicle as per itinerary required
- Kathmandu accommodation inclusive breakfast as per itinerary
- All entry fees as per itinerary – Sagarmatha National Park fee, Trekker's Information Management System Card fee {bring 2 copies passport size picture}
- Kathmandu Lukla Kathmandu round trip airfare and airport tax + Guide
- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee
- An English speaking highly experienced friendly and helpful trekking guide
- One porter for two member
- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- Company guarantee the rescue services if needed; please hand over your insurance policy copy to us
- Government taxes and office service charge

Cost Excludes

- International airfare
- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency {bring 2 copies passport size picture}
- Kathmandu and Lukla staying on flight cancelation due to bad weather
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Hot shower from Namche
- Battery charge during trekking
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Horse riding along the trek
- Extra cost on natural disaster
- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece

- Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}
- Any other expenses which is not mentioned in the cost include
- Tips to staffs