Gokyo Ri - Chola Pass - Everest Basecamp Trek

Trip Overview

Gokyo Cho la Pass Everest Base Camp Trek is a hard and attractive trekking trail in Khumbu region including many magnificent views of mountains. This Trek follows the trail first to Gokyo Valley through the sherpa village Namche Bazar and Khumjung Valley. After having done in Gokyo Valley our trip moves forward to the Everest Base Camp area through Chola Pass(5420 Mtr), Dzongla, Lobuche, and Gorakshep, crossing the glaciated Cho La Pass and on to the classic route to Everest Base Camp used by the great climbing parties, provides various panoramic views along with the breath-stopping scenes of the snow-covered mountains and glaciers. This circular Everest Base Camp trek with Gokyo Valley explores the heart of the Sherpa homeland, from Namche Bazaar to the Gokyo Valley. Our goal is to Everest Base Camp on the Khumbu Glacier with the opportunity to climb Kala Pattar (5545m), which offers magnificent close-up views of Mount Everest.

Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)

- Day 2 - Sight seeing in Kathmandu and rest
- Day 3 - Flight to Lukla (2840 Mtr/9315 Ft)and trek to Phakding2610 Mtr/8560 Ft)
- Day 4 - Trek to Namche(3440 Mtr/11283 Ft)
- Day 5 - Trek to Khumjung(3790 Mtr/12431 Ft)via Khunde (3840 Mtr/12595 Ft)
- Day 6 - Trek to Dole (4090 Mtr/13415 Ft)
- Day 7 - Trek to Machermo(4410 Mtr/14465 Ft)
- Day 8 - Trek to Gokyo(4790 Mtr/15711 Ft)
- Day 9 - Rest Day in Gokyo and Gokyo Ri (5360 Mtr/17580 Ft)
- Day 10 - Trek to Dragnag(4700 Mtr/15416 Ft)
- Day 11 - Trek to Dzongla (4830 Mtr/15842 Ft) through Cholapass(5330 Mtr/17482 Ft)
- Day 12 - Trek to Lobuche(4930 Mtr/16170 Ft)
- Day 13 - Trek to Gorakshep(5160 Mtr/16925 Ft)and Day Trip to EverestBase Camp5365 Mtr/17597 Ft)
- Day 14 - To kalapather (5545 Mtr/18187 Ft) and Trek to Lobuche (4930 Mtr/16170 Ft)
- Day 15 - Trek to Dingboche(4410 Mtr/14465 Ft)
- Day 16 - Trek to Tyangboche(3860 Mtr/12660 Ft)
- Day 17 - Trek to Namche (3440 Mtr)
- Day 18 - Trek to Lukla(2840 Mtr/9315 Ft)
- Day 19 - Flight to Kathmandu and transfer to hotel
- Day 20 - Departure for homeland

Cost Includes & Excludes

Includes

- All airport/hotel pick ups and drops within Nepal
- Flight Fare for both way (KTM-LUA-KTM)
- All trekking permits , TIMS card,Government and local taxes for the trek
- All Meals (Breakfast , Lunch and DInner) During the trek
- 3 Star hotel accomodation in Kathmandu with breakfast

- All ground transportation on a comfortable vehicle as per the itenerary
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Sleeping Bag for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments

Excludes

- Nepal Visa Fee
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges (can be carried only 15 Kg including in Airfare)

Gears and equipment

- Head

  Warm Hat
  Cap
  Face Mask / Muffler

- Head

  Warm Hat
  Cap
  Face Mask / Muffler

- Upper Body

  Wind stopper/Waterproof Jacket
  Down Jacket
  Fleece Jacket/ trousers
  Thermol
  T-shirts
  Woolen gloves/Water/wind proof gloves

- Lower Body

  Trekking Trousers(light weight long Paint)
  Underwear
  wind stopper/waterproof Paint
  Fleece or woolen pants

- Lower Body

  Trekking Trousers(light weight long Paint)
  Underwear
  wind stopper/waterproof Paint
  Fleece or woolen pants

- Feet

  Thin Lightwear/heavy poly or wool Socks
  Sandals
  Trekking Boot
  Gaiters
  Spare Shoes

- Accessories

  Medium Rucksack (50-70 Ltr)
  Small Day Pack
  Personal Medical Kit
  Chapstick/Sunscreen
  Water bottle
  Large Duffel bag

Trekking Pole
Spare batteries for Camera and Flash Light
Hand Towel
Head lamp with extra Batteries
Sun Glasses with UV protection
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

Faqs

1. **Why to go trekking in Everest Basecamp ?**

   When you think Nepal, you will definitely think of world's highest mountain of the world. Trekking to everest basecamp is one of the most popular and adventures trip in the world.Every year thousands of trekkers come to see Mount Everest and to get to basecamp of Mount Everest which is life time experience trip.Once in your life time,one should visit Everest basecamp and see th Mount Everest.

2. **What is the best seasons to trekking in Everest Basecamp?**

   In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal.But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.

3. **What permit do I need for the Everest basecamp trek?**

   For trekking in the Everest Region, you need the following permits:
   Local Governments Entry fee instead of TIMS (Trekking information management system):The local government is charging Rs 2000 per person in Lukla in the entrance of Everest Basecamp Trek.
   Sagarmatha National Park Entry Permit: To entry in the Sagarmatha National Park,One has to obtain the permit which cost Rs 3000+ government tax per head. the park that is home to the Mount Everest Region, you need to obtain an entry permit.

4. **How safe is Everest basecamp trek?**

   Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid ,friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency.

5. **How is the lodging and fooding facilities in EBC trek?**

   Along the trail to Everest basecamp, there are well facilited lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. Rooms are very nice and attached toilet until Dingboche. if you buy single supplementory package you will get single room.

6. **What about the flight from Kathmandu-Lukla and vice versa ?**

   Just about 25 minutes flight from Kathmandu takes us to Tenzing Hillary airstrip in Lukla but the due to some circumstances, these days the flight to Lukla are operated from Ramechap, which is 4 hours drive from Kathmandu and 15 min by flight to lukla. There are options to fly by helicopter directly from Kathmandu to Lukla as well, which is bit expensive than regular flight. Sometimes the weather doesn't permits for the regular flight, then we should be compulsion to hire the helicopter.The airlines companies has operated the first flight to Lukla directly from Kathmandu, so if you book your trip with us prior to 3 months , we can book the seat for direct flight.

7. **Is there any internet wifi facility on the way?**

   After your arrival in Kathmandu airport, we recommand to buy One ncell sim card. In everest region until panboche Ncell 4G works very well. Above Panboche there is good internet facility of Everest link. There are varieties of data cards as 10 GB, 20 GB. If you purchased bigger one it works all over the khumbu and if you purchase 20 GB one it it enough for your whole trek and you can enjoy in social media, news and connect with your family friends and loved one.

8. **Can I use the forieng currency and Credit cards on the way in any shop or Lodge?**

   You can pay by oriegn currency as well, but the exchange rate will not be same as Kathmand, so we recommand you to exchage the money in kathmandu and take a nepalese Rupees. In mostly lodges they accept the credit cards but sometime due to internet problem it will not be 100% guarantee.

9. **What is the normal tempreture in spring and Autumn season?**

   Spring season starts from March, but until third week of march tempreture will still be cold even in day time. But actually tempreture depends on weather, if weatheris mild tempreture ranges from 10-15 Degree Centigrate.If the weather is clear, days will be warm.After the April it will be

warm with sunny weather. Especially in Morning and Evening time will be little cold.
Autumn season starts from September, September will still be warm even the weather is not good. From october normally in morning and everning will be cold.

10. **How hard is Chola pass?**

It is normal pass, if the weather is clear and snow level is not that high, it is just like normal trail. Below the summit we have to walk on thin icy and snow trail which can easily pass by normal trekking boot.